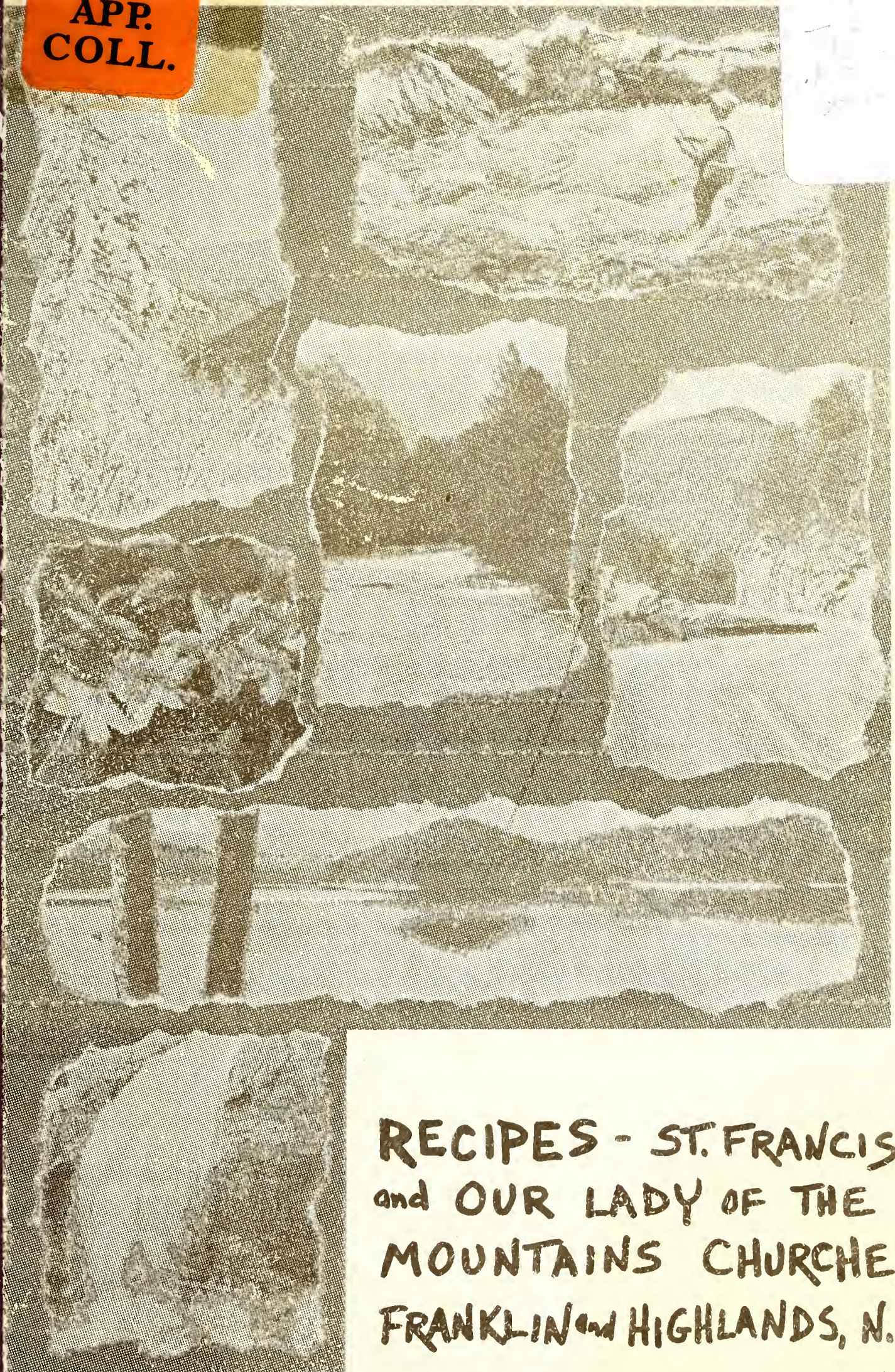


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RECIPES - ST. FRANCIS  
and OUR LADY OF THE  
MOUNTAINS CHURCHES  
FRANKLIN<sup>and</sup> HIGHLANDS, N.C.



William Leonard Eury

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of St. Frances and Our Lady of the Mountains.

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THANK YOU IN ADVANCE



## METRIC CONVERSIONS

### WEIGHT - GRAM/POUNDS, OUNCES

1 kilogram = 2.2 pounds

1 pound = 0.45 kilograms

1 gram = 0.035 ounces

1 ounce = 28 grams

### HOW TO CONVERT

Kilograms x 2.2 = pounds

Pounds x 0.45 = kilograms

Grams x 0.035 = ounces

Ounces x 28 = grams

### VOLUME - LITERS/GALLONS, QUARTS, PINTS, CUPS, OUNCES

1 milliliter = 0.03 fluid ounces

1 liter = 4.24 cups

1 liter = 2.1 pints

1 liter = 1.06 quarts

1 liter = 0.26 gallons

1 teaspoon = 5 milliliters

1 tablespoon = 15 milliliters

1 fluid ounce = 30 milliliters

1 cup = 0.24 liters

1 pint = 0.47 liters

1 quart = 0.95 liters

1 gallon = 3.8 liters

### HOW TO CONVERT

liters x 2.1 = pints

cups x 0.24 = liters

liters x 1.06 = quarts

gallons x 3.8 = liters

### LENGTH - METERS/INCHES, FEET, YARDS

1 millimeter = 0.04 inches

1 inch = 2.5 centimeters

1 centimeter = 0.4 inches

1 foot = 30 centimeters

1 meter = 3.3 feet

1 yard = 0.9 meters

1 meter = 1.1 yards

### HOW TO CONVERT

millimeters x 0.04 = inches

inches x 2.5 = centimeters

centimeters x 0.4 = inches

feet x 30 = centimeters

meters x 3.3 = feet

### TEMPERATURE ° CELSIUS/° FAHRENHEIT

0 degrees Celsius = 32 degrees Fahrenheit

100 degrees Celsius = 212 degrees Fahrenheit

### HOW TO CONVERT

Celsius temperature X  $\frac{9}{5}$  + 32 = Fahrenheit temperature

Fahrenheit temperature - 32 X  $\frac{5}{9}$  = Celsius temperature

## Introduction

### A BRIEF HISTORY OF OUR CHURCH AND LOCAL AREA

St. Francis of Assisi Church is often referred to by visitors as "The Little White Church that greets us as we come north into Franklin". It was built in 1953 by Monsignor Lawrence Neuman, Pastor of the Church at Waynesville, and served Franklin as a Mission. The dedication was made by Bishop Vincent S. Waters of the Diocese of Raleigh. Father Charles J. O'Connor, Pastor of Brevard served Highlands as a Mission and built Our Lady of the Mountains Church there in 1950. In June of 1955 a Glenmary Parish was established at Franklin and over the years the Glenmary Pastors have included: Rev. Robert Healy, Rev. John Loftus, Rev. James Wilmes, Rev. John Barry, Rev. Dennis Holly, Rev. Frank Konzinek, and Rev. Donald Levernier. In 1965 Father Barry surprised the parishioners at Mass with his guitar and his newly composed "A Mountain Mass", today a standard musical Liturgy.

In September of 1972 Bishop Michael Begley of the newly constructed Diocese of Charlotte adjusted the parish boundaries and the Franklin Parish now comprised most of Macon County including Highlands Township. Rev. Michael Langell was appointed Pastor at that time and he and two School Sisters of Notre Dame presently staff the parish. Father Langell, (better known as Father Mike) has enriched the Liturgy with his Audio-Visual presentations and made the Church grounds bloom in abundance and beauty. As well as being an active Jaycee, he is Chairman of the Board of Directors of the Southwestern Sheltered Workshop, (a program for training the handicapped), and continues the Radio Apostolate with the very popular "Take 5 with Father Mike".

The Sisters are very actively involved in the Musical Liturgy, the C.C.D. programs which include pre-school to adults, and in community and charitable activities. One of the Sisters conducts a Pre-School Normilization Program at Highland Church where some of the children are handicapped. Both Sisters are always involved in the numerous activities of our parish and still find time for personal guidance and consultations with those in need.

Our Parish is a very active one with a very involved Parish Council since the 1960's. Besides the ordinary social events, including Bingo the majority of the parishioners are involved in civic programs such as fund raising campaigns for the hospital, library and recreation park. Some participate in the annual construction of a house for a handicapped county resident which is built from start to finish in one week, also in the annual community clean-up drive. Regular activities

Continued.....



## HISTORY (Continued)

include a rummage room open to all, visits to the Old Folks Home with goodies and love, and the preparation and delivering of the Christmas and Thanksgiving baskets to the needy. These parishioners range in age from the very young to the oldest, and participation comes from the hearts of all.

Franklin is the county seat of Macon County with over 2000 population and is situated in Western North Carolina on a high ridge overlooking the Little Tennessee River. Highlands township lies up East of Franklin amidst the beauty of high mountains, cascading rivers with many waterfalls, and fantastic scenery. The Macon County School System is very desirable consisting of kindergarten through twelve-year programs. There are nine elementary schools, a brand new middle grade school, and three High Schools with special programs such as National Teacher Corps, Safety and Driver Education, Special Education, Exceptionally Talented, Arts and Crafts, Industrial Arts, Guidance Services and School Health Services. All schools are State accredited and Franklin High School is accredited by the Southern Association of Colleges and Schools.

Excellent professional health care for all is provided through a new 60 bed hospital with two new coronary and intensive care wards besides. The medical staff consists of 10 doctors; 2 surgeons, 1 psychiatrist, 5 general practitioners, and 2 pediatricians. There are 4 dentists practicing locally, eye doctors, and chiropractors. We have clinics consisting of Cancer, Pre-Natal, Innoculations, and Family Planning. We also have Home Health Nurse Service.

The Macon County Airport is located 4 miles northwest of Franklin, elevation of 2020, runway 7-25 3800 asphalt, with hangars, tiedowns, charter flights and flight instructions available.

Franklin fire department is staffed by trained volunteers with three pumper trucks. Clarks Chapel Community and Watauga Vista both have their own fire departments and losses have always been held to a minimum.

Individual tax rates on income are 3% on the first \$2000, 4% on the second \$2000, 5% on the third \$2000, 6% on the next \$4000, and 7% over \$10,000 with personal exemptions of \$2000, married man, and \$1000 for a single person, married woman with income, total blindness additional \$1000 also 65 years of age, \$2000 head of household and \$600 per dependent. The County tax rate is \$2.50 per \$1000 and Town tax rate is \$3.40 per \$1000 both based on 100% valuation.

## HISTORY (Continued)

Macon County has four golf courses, a recreation park with olympic size pool, sports fields and courts, and picnic areas throughout. The Highlands Playhouse offers a variety of plays during the summer months and minutes away from Franklin the drama "Unto These Hills" is presented each summer by the American Cherokee Indians. Fishing, hunting, hiking trails, and Gem mines are all available. Country style living still dominates the area as is evident in availability of Country hams, a County Fair, hand made crafts such as quilts, wood-carving, all types of needle work, hand loomed and woven fabrics, home canned and dried fruit and vegetables, (such as leather breeches, or dried beans), and ceramics. It was in the Cowee Valley that the original clay was discovered for the reknown Wedgewood china and also in the same valley that Tiffany mined years back for their rubies, sapphires, garnets and other precious gems. The main agriculture consists of tomatoes, cabbage (Cashiers is the Cabbage Capital), and apples of all varieties which are packed and shipped locally to the different parts of the country. Tobacco of course is a prime source of income. Macon County is still Country living enough to find women still using wood stoves in their kitchens, and men doing their own hog slaughtering in the back yard; it is the home of clogging or buck-dancing and also the musical instrument known as the dulcimer. A very important part of the life here includes the Christian Community which is strongly represented by Churches representing all the leading denominations.

We ladies of St. Francis of Assisi Catholic Church and Our Lady of the Mountains Catholic Church have earned the reputation of being fine cooks. We are always anxious to try a new recipe and our sharing of recipes has been a custom for many years. We know you will enjoy this collection of our recipes and hope you will share it with others.





## MARINATED MUSHROOMS AND ARTICHOKE HEARTS

Michelle Rudisill

2 pkg. (9 oz. size) frozen  
artichoke hearts or canned  
2 lb. small fresh mushrooms  
1 c. cider vinegar  
1/2 c. salad oil  
1 clove garlic, halved  
1 1/2 Tbsp. salt

1 bay leaf  
Chopped parsley  
1/2 tsp. whole black pepper  
1/2 tsp. dried thyme leaves  
1/2 tsp. dried oregano leaves  
1/2 tsp. dried chervil leaves

Cook artichoke hearts as directed on package, just until tender, being careful not to overcook. Drain. Slice mushrooms in half through stems; combine with artichoke hearts. In large bowl combine 1 1/2 c. water with the vinegar, salad oil, garlic salt, black peppers, herbs, artichokes, and mushrooms; toss lightly. Refrigerate; covered and stirring occasionally, until well chilled, several hours or overnight. To serve sprinkle with chopped parsley. Makes about 12 servings.

## TUNA NUGGETS

Grace Altman

2 cans (6 1/2-7 oz. size) tuna  
2 pkg. (3 oz. size) cream  
cheese, softened  
1 Tbsp. lime or lemon juice

2 tsp. horseradish  
1/4 tsp. liquid hot pepper sauce  
1 c. chopped parsley

Drain and flake tuna. Whip cream cheese, lemon juice, horseradish and hot pepper sauce until smooth and fluffy. Add tuna and mix thoroughly. Portion tuna mixture with a tablespoon. Shape into small balls and roll in parsley. Chill. Makes approximately 40 hors d'oeuvres.

## MARINATED CUCUMBERS AND ONIONS

Henrietta Smith

6 cucumbers, sliced

2 medium onions

Sprinkle with 1 Tbsp. salt and let stand 6 hours.

3/4-1 c. sugar

1 c. vinegar

1/4 tsp. pepper

1 c. sour cream

1 Tbsp. salt

Juice 1 lemon

Drain liquid off cucumbers. Mix remaining ingredients and add to cucumbers. Keep refrigerated. Cucumbers and onions may be added as long as dressing lasts.

## PICKLED COLESLAW

Vi Johns

2 c. water

1 Tbsp. salt

2 c. vinegar

3 lb. cabbage

2 c. sugar

1 large onion

2 Tbsp. whole mustard seed

1 Bell pepper

Combine water, vinegar, sugar and mustard seed and salt; bring to a rolling boil and stir. Shred cabbage, onion and pepper sliced; combine together. Then add boiled mixture over cabbage, onion and pepper. Store in refrigerator over a day. Will keep over 2 weeks or more.

## SWEET PICKLE STICKS

Henrietta Smith

Use firm, fresh medium cucumbers. Wash and cut into sticks. Pour boiling water over them and let stand 4-5 hours. Drain and pack solid in clean jars. Make a solution of:

Solution:

3 3/4 c. vinegar

4 1/2 tsp. celery seed

3 c. sugar

4 1/2 tsp. turmeric

3 Tbsp. salt

3/4 tsp. mustard seed

Boil solution for 5 minutes. Pour boiling hot over cucumbers in jar. Put on cap and screw band firmly tight. Process in boiling water bath 5 minutes. Solution fills 6 pt. jars. If a sweeter pickle is desired, double amount of sugar.

## BEAN SALAD

Vi Johns

1/2 c. Crisco or Wesson oil

2 large onions, sliced

1/2 c. sugar or (Sweet and Low)  
to taste

1/2 tsp. Italian Seasoning

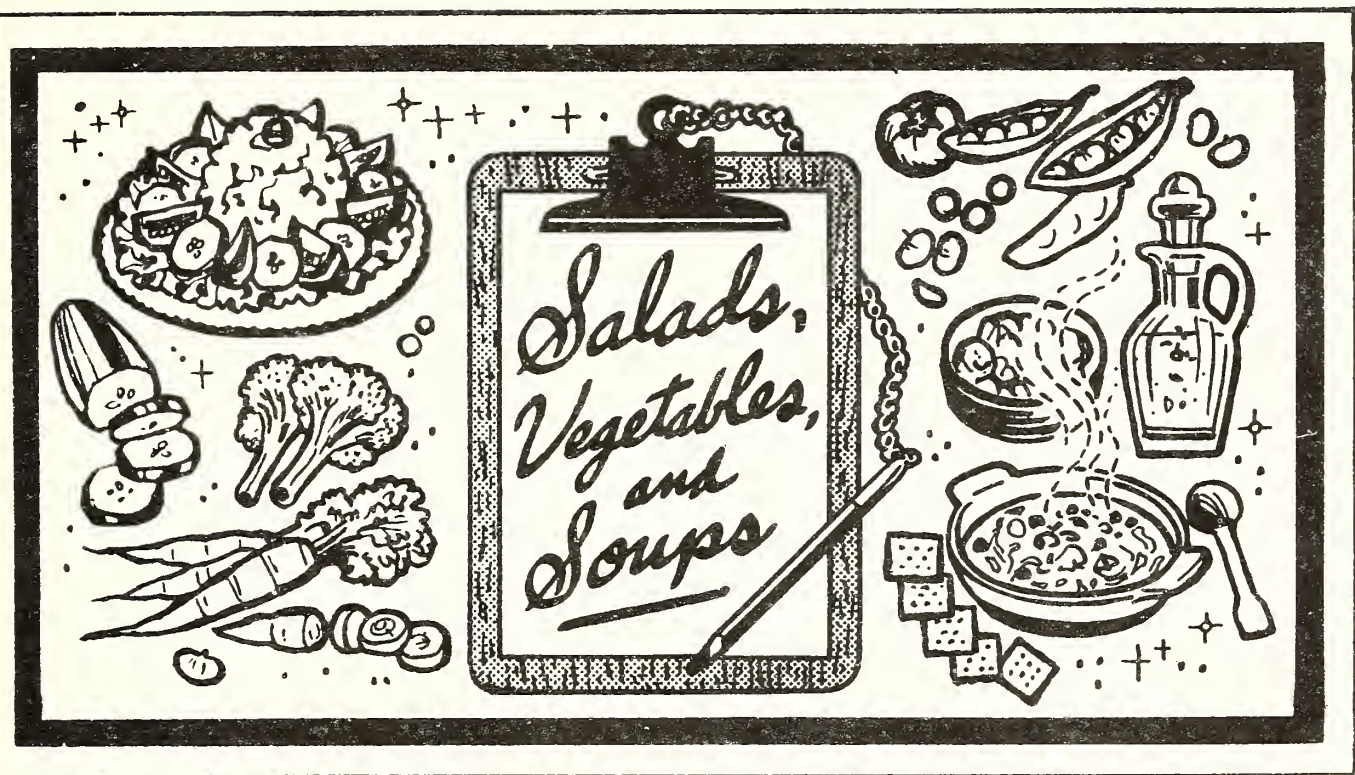
2/3 c. vinegar

1 can each: string beans, wax  
beans and kidney beans

Dash salt and pepper

Mix all together. Let stand in refrigerator for a day before serving.





## ANYDAY DRESSING

Fran Hydro

1 onion, chopped  
8-10 slices bread, cubed  
4 Tbsp. bacon drippings  
1 1/2 tsp. salt

1 tsp. sage or poultry seasoning  
1/4 tsp. pepper  
1/2 c. chopped celery  
1 can chicken rice soup

Brown onion in bacon drippings; add the cubed bread, salt, sage or poultry seasoning, pepper and chopped celery. Add the can of chicken rice soup, plus 1/2 can of water. Mix well. Pour mixture into well greased baking dish. Cover and bake at 350 degrees about 1 hour. Serves 4.

## HOLIDAY SALAD

Margene Velten

1 - 3 oz. pkg. cherry gelatin  
1 c. ground raw cranberries  
1/2 c. chopped celery

1 orange, chopped  
1 c. crushed pineapple  
1/2 c. chopped nuts

Dissolve gelatin in 1 1/2 c. hot water. Chill until partially set. Add other ingredients and chill until firm.

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## HOT GERMAN POTATO SALAD

Fay Krieg

4 medium potatoes, cook with peelings on till tender	1/2 tsp. paprika
3 big sweet pickles, chopped fine	2 Tbsp. bacon drippings
4 Tbsp. chopped pimentos	2 oz. vinegar
2 Tbsp. chopped onion	4 oz. water
1/3 tsp. celery seed	1 beaten egg
2 slices fry crisp bacon, crumbled fine	6 Tbsp. sugar (more or less according to taste)
	Salt and pepper to taste

Mix sugar, egg, bacon drippings, paprika, vinegar and water until it thickens. Peel hot cooked potatoes and dice fine. Add other ingredients; mix well. Pour hot cooked dressing over the potatoes and mix well. Serve hot; it is also good cold. The amount of dressing may be too much; use according to the amount of potatoes.

## POTATO SALAD

Dorothy S. Dodge

5 lb. small potatoes	1/4 c. chopped celery
3 hard boiled eggs, chopped	1/4 c. green pepper
1 tsp. dry mustard	1 small carrot, grated coarsely
1/2 tsp. salt	1/4 c. parsley, chopped
1/2 tsp. pepper	1/4 c. Wesson oil
1 tsp. minced dry onion	2 c. mayonnaise

Scrub potatoes and cook with skins; cool potatoes, pare and dice. Add next 9 ingredients; mix well. Save some of the carrots, egg and parsley for garnish. Add oil to keep potatoes from sticking together; mix well. Add mayonnaise enough to make moist, more or less can be used. Garnish with carrots, egg and parsley. Sprinkle with paprika.

## SALAD - MARINATED CARROTS

Linda Engel

1 lb. carrots	1 large green pepper, sliced
1 large onion, sliced	

### Dressing:

1 can tomato soup	1 tsp. dry mustard
1 c. sugar	1 tsp. salt
3/4 c. oil	1/2 tsp. pepper
3/4 c. vinegar	

Slice and cook carrots until almost done. Mix dressing well; pour over carrots, onion and green pepper. Let it sit in refrigerator overnight.



## SHRIMP - VEGETABLE SALAD (LOW CALORIE)

Anna Lee Nye

1 lb. cleaned cooked shrimp  
(substitute 2 c. cooked  
left-over fish cut in chunks,  
if you prefer)  
1 can (15 oz.) water-packed  
artichoke hearts, drained  
1 can (1 lb.) cut green beans,  
drained

1 c. diagonally sliced celery  
1/3 c. low-calorie Italian  
style salad dressing  
Tomato wedges  
Salad greens

In bowl gently toss all ingredients, except last 2. Spoon onto platter or individual plates and chill well before serving. Garnish with tomato wedges and greens. Makes 6-8 servings, 105-140 calories each.

## SUMMER DELIGHT SALAD

Babe Allen

1 can crushed pineapple  
including juice  
1 small Cool Whip  
1 small (1 lb) cottage cheese  
(small curd)

1 pkg. lemon Jell-O  
1 pkg. lime Jell-O  
1 c. boiling water  
Nuts (optional)

Prepare Jell-O; when it is cold add crushed pineapple plus juice and cottage cheese. When this begins to congeal, add Cool Whip. Mix well. Pour into well oiled mold.

## BAKED SUMMER SQUASH

Sister Barbara

3 c. squash, cut in strips  
2 Tbsp. butter  
1 tsp. salt  
1/4 tsp. paprika

Pinch nutmeg  
1/4 c. milk  
Grated onion

Place squash in greased baking dish; dot with butter. Season. Sprinkle onion on; pour milk over. Cover dish. Bake about 30 minutes at 350 degrees.

## PASTA FASSOLE

June Johns

Italian olive oil  
2-3 onions  
1-2 cloves garlic  
1 can tomato paste

1 can tomato sauce  
1 box No. 40 Ditalini macaroni  
1 small bag navy beans

Sort navy beans, taking out discolored ones and soak in cold water 1 hour. While soaking beans, slowly cook onions, sliced and garlic in oil. (If ground meat is used, add now and lightly brown.) Add tomato paste and 1 can of water, tomato sauce and 1 can of water, pouring to oil and onion mixture. Let simmer

Continued.....

## PASTA FASSOLE (Continued)

until thick, about 2 1/2 hours. (Cook beans separately 2 hours, or until tender.) Boil macaroni until tender. When sauce is thick and beans cooked, combine in 1 pan, making sure you do not drain beans. Drain macaroni and add to above mixture. Let simmer about 10-15 minutes. Serve. Makes 6-8 qt.

## POLISH POTATO AND EGG DUMPLINGS

Fr. Tony Jablonowski

Potatoes grated (couple)	1-2 eggs
1 onion	Salt and pepper
Flour	

Grate a couple of potatoes, grate an onion also; and add a pinch of garlic if you like; salt and pepper to taste. You might add some finely chopped parsley, green onion tops or chives for variety. Add 1 or more eggs. Now add some flour (plain) until you have a batter a bit bulkier than a pancake batter. Take a metal tablespoon and scoop 1/2 spoon of batter and dip it into a pot of boiling water. It is far more scrumptious if the water is the broth from a boiled chicken or beef. Don't shake off the batter, you might get splashed and burned, just let it slide off. You could then adjust the size of the dumplings to suit yourself. Cook 'em good then serve either in soup, or by themselves or fry the dumplings gently in butter with finely chopped cabbage.

## QUICK FRIED FRESH SPINACH

Jouk Choi

3/4-1 lb. fresh spinach	2 tsp. sugar
1 tsp. rice wine or dry sherry	1 tsp. salt
1/2 tsp. vinegar	6 Tbsp. cooking oil
2 tsp. soy sauce	1 tsp. sesame oil

Wash spinach and drain well. Mix the first 5 seasonings in a cup or small bowl. Heat 6 Tbsp. cooking oil in a wok or large fry pan until very hot. Add spinach leaves; stir - fry for about 1 minute. Add the seasonings and stir. Add the 1 tsp. sesame oil (if available). Remove to a serving dish and serve hot.

## SAUTEED SQUASH

Sister Barbara

2 c. diced squash	1/2 tsp. salt
3 Tbsp. butter	Pepper to taste
1 c. minced onion	Parmesan cheese

Melt butter in saucepan; saute onion until golden. Add squash and seasoning; cover pan. Cook squash until tender. Shake pan occasionally. Sprinkle with Parmesan cheese. Serve.



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## ZUCCHINI - ITALIAN STYLE

Mary Elliot

2 lb. sliced zucchini squash	Salt and pepper
1 1/2 large onions, chopped	Italian flavored bread crumbs
1 1/2 sticks butter	Parmesan cheese

Saute chopped onions in butter real slow. Place sliced zucchini in baking dish. Place onion, salt and pepper on top. Add bread crumbs and cheese. Repeat in layers until dish is full. Bake 1 hour at 350 degrees.

## KLUSKI (EGG YOLK BALLS) FOR SOUP

Father Tony Jablonowski

4 raw egg yolks	1/8 tsp. pepper
4 hard boiled egg yolks	1/8 tsp. nutmeg
1/4 tsp. salt	

All right, mash the cooked egg yolks or press them through a sieve. Add all the other stuff above. Mix it into a thick paste. Now just drop half spoonfuls into your boiling soup or broth. It cooks up in a few seconds. Serve immediately, after blessing the table.

## HEARTY SOUP

Margene Velten

1 can cream chicken soup	Scant 1 c. milk
1 can cream style corn	

Mix in saucepan and heat through.

## M. B.'s SQUASH SOUP

Mary Beth Garrett

1 large onion, chopped	1/4 tsp. salt
8 c. yellow squash, cubed	1 tsp. tarragon
5 c. chicken bouillon stock	1/3 c. sour cream

Place squash in large saucepan and fill with bouillon till it barely covers the squash. Add chopped onion and spices. Boil until tender. Blend these ingredients in blender until smooth. Place back on stove on low temperature and stir in sour cream. Serve immediately. Makes 4-6 servings.

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Write An Extra Recipe Here:

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Write Extra Recipes Here:





## BARBECUE BEEF RIBS

Alice Yuzzi

Approximately 16 ribs

### Sauce:

2 Tbsp. oil  
1 small chopped onion  
1 clove garlic, (optional)  
1 c. tomato sauce  
1/4 c. packed brown sugar

2 Tbsp. vinegar  
1/2 tsp. dry mustard  
1 tsp. salt  
1/4 tsp. black pepper  
2 Tbsp. Worcestershire sauce

Cut ribs individually. Place in pan and bake for 1/2 hour at 325 degrees. Meanwhile prepare sauce in medium pan. Saute onion and garlic in oil. Add remaining ingredients. Simmer 5 minutes. Pour over baked ribs and return to oven. Bake 15 minutes longer.

## BOEUF BOURGUIGNON (FANCY BEEF STEW)

Beverly Ivester

1/4 lb. small diced salt pork  
2 lb. lean beef, cut in 2-inch cubes  
1 1/2 tsp. salt  
Pepper to taste  
2 Tbsp. flour  
1 1/2 c. dry red wine (burgundy)

1 1/2 c. water  
Herb bouquet: carrot, sprig  
parsley, 1 bay leaf, 1 tsp.  
thyme, 1 clove garlic crushed  
1 lb. small onions  
1/2 lb. fresh mushrooms

Fry salt pork until crisp. Drain and remove from skillet. In 2 Tbsp. drippings, brown beef slowly on all sides (use large heavy skillet). Sprinkle beef while browning with flour, salt and

Continued.....

## BOEUF BOURGUIGNON (FANCY BEEF STEW) (Continued)

pepper. Toss with spoon to coat evenly. Place in heavy 2 qt. casserole; add drained salt pork. To frying pan add wine, water, herb bouquet and garlic. Bring to a boil; pour over meat. Cover tightly and cook in 350 degree oven until tender, about 2 hours. Skim off all fat. Saute raw onions in a little of the fat; brown lightly. Add onions to beef; return to oven for 30 minutes. (Some of the onions may be larger than others, should be cut in half lengthwise before browning.) Slice mushrooms lengthwise and saute in small amount of fat. Add to beef and onions; cook 10 more minutes. Adjust seasonings; salt and pepper may be necessary.

## ENERGY-SAVING SUPPER

Josephine Bush

Chuck roast for 4 people	2 stalks celery (with leafy tops)
4 large potatoes	4-6 carrots
1 medium onion	1/4 lb. fresh mushrooms or
2 cloves garlic (1 tsp. garlic powder)	4 oz. can
	Salt and pepper to taste

Cut the meat into 2-inch strips; distribute evenly into a large shallow baking pan. Wash potatoes, cut into 1 1/2-inch chunks, slice onion and cloves of garlic, cut celery, scraped carrots into chunks, and wash and trim stems from mushrooms and quarter. Add all vegetables to pan. Sprinkle with salt and pepper. Pour water into pan to a depth of 1/2-inch; cover pan with aluminum foil. Bake at 375 degrees for about 1 hour. Serve with tossed salad, slices of heated whole grain bread.

## ENTREE - BEEF BRISKET

Linda Engel

5 lb. beef brisket	1/2-1 pkg. dry onion soup mix
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Place brisket in 9x13-inch cake pan. Cover with dry onion soup mix. Cover with aluminum foil, sealing at edges so that no moisture escapes during cooking. Bake at 250 degrees for 4 hours. Remove from oven; cool; do not remove seal. Place in refrigerator for 3 days (careful not to break seal at edges of pan). To serve slice and heat meat in juices; baste while heating. Additional liquid can be added by dissolving 1 beef bouillon cube in 1 c. water.

## FATHER'S MEATLOAF IN A PAN

William Bush

1 lb. lean hamburger	Pepper, coarse grind
1 large egg (prefer organic feed - Fertal)	Sage (go light)
Some filler: bran, leftover whole wheat bread or natural cereals	Whole caraway seeds
Sea salt	Garlic and onion powdered
	1 qt. tomatoes
	1/4 lb. fresh sliced mushrooms

Continued.....



## FATHER'S MEAT LOAF IN A PAN (Continued)

Mix meat, egg, filler in bowl (go light with filler if using bran as not to over dry the meat). Add spices and again mix. Form into a large rounded flat ball and place in large frying pan. Dump the tomatoes around the ball. At this time either add the mushrooms to the tomatoes; you may want to slow cook any other solid vegetable. Cook over medium low burner until meat is done in center. Don't cook fast; slow and easy and let all the flavors blend.

## HAMBURGER GOULASH

Annette Kennedy

1 lb. hamburger	1 can tomato sauce (8 oz.)
Chopped onion	1 box elbow macaroni
1 can tomatoes (16 oz.)	Salt and pepper

Cook macaroni on top of stove. Brown hamburger and onion in skillet. Add all ingredients in casserole dish. Heat in oven at 325 degrees for about 30 minutes. Will serve 6 easily.

## MACARONI BEEF IN SKILLET

Fran Malone

1 1/2 lb. ground beef	1/2 c. chopped onion
2 Tbsp. Wesson oil	1 c. water
1/2 lb. uncooked elbow macaroni	1 Tbsp. Worcestershire sauce (optional)
1 1/2-2 cans tomato sauce (8 oz. size)	Salt and pepper

Lightly brown beef; remove from pan. Cook onion and raw macaroni until onion is soft. Return meat to skillet; add sauce, water, pepper, and salt. Cover and simmer 25-30 minutes. Serves 6.

## MOCK CHOP SUEY

Annette Kennedy

1 lb. hamburger	1 can cream chicken soup
1 c. Minute Rice	Chopped onion as desired
1 can cream mushroom soup	Soy sauce

Brown onion and hamburger in skillet. Prepare Minute Rice on top of stove. Combine all ingredients in casserole dish. Add soy sauce to taste. Put in oven at 325 degrees and heat thoroughly. Takes about 30 minutes. Serves 6 easily.

## PORK AND KRAUT

Marie Schmitt

6 lb. country style pork ribs	1/2 tsp. caraway seed
1 large jar sauerkraut	1 Tbsp. onion flakes
2 - 12 oz. cans beer	Salt and pepper
1 tsp. Accent	

Place meat in bottom of large kettle. Add rest of ingredients and cover with water. Simmer until meat is tender. Serve with boiled potatoes.

## QUICK LEFT OVER MEAL

Pattie Dameron

1 can soup (cream mushroom  
or cream chicken)  
1 c. noodles, uncooked  
1 - 10 oz. pkg. frozen mixed  
vegetables, or peas, carrots,  
or whatever on hand

1 1/2-2 c. cubed meat: left-  
over beef, pork, chicken,  
turkey, tuna, or combine  
several days leftovers.

Put 1/2 can undiluted soup in bottom of buttered casserole dish. (You can make this from a 1 qt. size to a 2 qt. size, depending on size of family, by decreasing or increasing ingredients to suit your needs.) Add all the noodles, then the vegetables, put meat in next, and finally the rest of soup. Cover; bake at 350 degrees about 1 hour. You can add bread crumbs, shredded cheese to top if you like, near end of cooking time.

## RUTHE'S SLOPPY JOES

Ruth Carpenter

3 lb. hamburger  
1 can chicken gumbo soup

1/4 c. catsup  
2 tsp. mustard

Fry hamburger, then combine with remaining ingredients. Serve on buns.

## SHEPHERD'S PIE

Barbara Beck

1 1/2 lb. ground beef  
1 onion  
4-5 medium potatoes

1 can mushroom soup  
Cheese

Brown beef with onion. Place in casserole dish. Cream potatoes. Place mushroom soup on top of browned meat, then add creamed potatoes. Top with grated cheese. Add salt to meat and potatoes to taste.

## SPICED POT ROAST

Mrs. Dee Moffitt

2 medium onions  
1/2 c. oil  
4 lb. beef chuck or rump  
1/2 c. flour  
3/4 tsp. salt  
2 1/2 c. canned tomatoes

1/4 tsp. black pepper  
1 bay leaf  
7-8 whole cloves  
1/4 c. vinegar  
1 3/4 Tbsp. brown sugar

Chop onions and brown in oil; flour meat on all sides; brown with onions. Then combine all other ingredients in a large bowl; mix and pour over meat. Cover and simmer about 3 hours. If desired add medium size potatoes at least 1 hour before beef is done. Serves about 6.

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## CRAB BURGERS

Marlene Schiffli

1 can crabmeat, drained  
and rinsed  
1 c. mayonnaise

1/4 c. grated onion  
1/4 c. celery  
1 1/2 c. cheddar or Swiss  
cheese

Butter hamburger buns on both sides. Spread mixture over each side of bun and sprinkle with paprika. Brown in oven, open faced, at 350 degrees until brown and bubbly. Delicious!

## CRABMEAT ON TOAST

Vi Johns

1 can white crabmeat  
1/4 c. milk (about)

2 slices sharp cheese, broken  
up

In saucepan put in crabmeat, milk and cheese. Stir until cheese is melted. Toast 2-4 slices of bread. Spoon crabmeat mixture over toast.

## FISH BATTER

Michelle Rudisill

1 c. flour  
1 c. ice water  
1 egg  
2 Tbsp. oil

1 tsp. sugar  
2 tsp. garlic powder  
1/2 tsp. salt

Mix well. Dip fish in batter and deep fry. For high altitudes, use 1/4 c. less water.

## HIGHLANDS STUFFED TROUT ON GRILL

Mary Beth Garrett

4 medium size trout, cleaned  
Salt  
White pepper  
1 tsp. dill seed

1/2 stick butter  
1 small can sliced black olives  
1/2 c. chopped green pepper  
1/2 c. chopped Spanish olives

Take each trout and rub with butter inside and out, reserving 1/2 stick for later use. Sprinkle inside and out with salt and pepper. Saute onion and green pepper in butter till transparent. Add olives and dill. Set aside. Take each trout and fill cavity with sauteed vegetables. Take a square of foil and starting with the corner, lay trout crosswise and start rolling up trout tightly. Tuck in ends so juices don't drip out while cooking. Put foiled trout on grill over charcoals and cook approximately 5 minutes on each side or till tender. Serves 4.

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## PRESSURE-STEAMED MILLET

Josephine Bush

3/8 c. uncooked hulled  
millet

1 1/8 c. water  
Dash salt

Place millet, water and salt in a pressure pot. Bring to full pressure (15 lb.) for 2 minutes. No longer. Then allow to cool of its own accord. Serve topped with country butter and honey, (or molasses). Tastes much like oatmeal, but with a hint of crunch.

## SEA FOOD NEWBURG

Alice Yuzzi

1/4 c. butter  
1/4 c. plain flour  
1/2 tsp. salt  
1/4 tsp. pepper  
2 c. milk

2 egg yolks, beaten  
2 c. cooked sea food, in large  
pieces  
1 Tbsp. sherry flavoring

Melt butter in heavy saucepan. Blend in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat; stir in milk gradually. Bring to boil, stirring constantly. Boil 1 minute. Add egg yolks to hot mixture a little at a time; blend thoroughly. Just before serving stir in sea food and sherry flavoring. Serve over hot rich biscuits, split popovers, toast points, or in patty shells. Garnish with parsley and pimento strips. Makes 6-8 servings.

## SHRIMP CREOLE

Jim Velten

1 can tomatoes (16 oz.)  
1 can tomato sauce (8 oz.)  
2 Tbsp. instant onion flakes  
6 pieces celery, chopped  
1/4 tsp. garlic powder  
1 Tbsp. Worcestershire sauce

1/2 tsp. chili powder  
1 tsp. salt  
3 tsp. cornstarch  
1 Tbsp. water  
1 lb. shrimp  
1/2 c. chopped green pepper

In skillet mix tomatoes, tomato sauce, celery, and seasonings. Simmer uncovered 45 minutes. Mix cornstarch in 1 Tbsp. water; stir into pan and cook till mixture thickens. Add shrimp and green pepper. Cover and simmer 5 minutes. Serve over rice.

## SHRIMP WITH BUTTER DIPS

Anna Lee Nye

1 - 12 oz. can (1 1/2 c.) beer  
2 Tbsp. sliced green onion  
or shallots

2 ribs celery, coarsely chopped  
3 lb. fresh shrimp

### Sauces:

4 Tbsp. butter or margarine  
1/4 c. beer  
1/2 tsp. dried dill weed (or  
1 1/2 tsp. fresh)

1/2 c. butter or margarine  
1/4 c. dry sherry  
1/4 tsp. garlic salt

Continued.....



SHRIMP WITH BUTTER DIPS (Continued)

In saucepan combine beer, onion and celery; bring to boiling. Add shrimp. Heat to boiling. Reduce heat and simmer till shrimp turn pink, 1-3 minutes. Drain. Serve with dill butter and sherry garlic butter. Makes 4 servings for main course. May also be used as a party nibble.

Dill Butter:

In small saucepan melt the 4 Tbsp. butter or margarine; stir in the 1/4 c. beer and the dill weed. Heat through.

Sherry Garlic Butter:

In a small saucepan melt the 1/2 c. butter; stir in sherry and garlic salt. Heat through.

STIR-FRY SHRIMP

Jouk Choi

- |                                    |                          |
|------------------------------------|--------------------------|
| 1 lb. shrimp (double for<br>2 lb.) | 2 tsp. soy sauce         |
| 2 Tbsp. catsup                     | 2 tsp. sherry            |
| 2 Tbsp. Worcestershire             | 1/2 tsp. sesame seed oil |
| 1 tsp. sugar                       | 6 drops hot pepper sauce |

Marinate about 1-2 hours (can be done in less). Cook in 2 Tbsp. peanut oil.

SZCZUPAK Z PICCA (BAKED PIKE)      Father Tony Jablonowski

- |                            |                          |
|----------------------------|--------------------------|
| 3-4 lb. pike or other fish | 2 c. sour cream          |
| 1/2 Tbsp. flour            | Salt and pepper to taste |

Place the fish belly down in an oblong baking dish, spreading it with butter. Now bake it in a moderate oven until it begins to brown. Now sprinkle the whole thing with the juice of the lemon (you can easily substitute with lemon concentrate). Now beat the flour into the sour cream, be sure that its smooth and spread the mess over the fish. Continue to bake it in the moderate oven, basting it frequently with the cream. Do this for about 30 minutes. Its well worth the time and trouble.

Court Bouillon:

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1 qt. water                   | Slice lemon                      |
| 1 large onion                 | 1/2 or small bay leaf (optional) |
| 2-3 carrots                   | Salt and pepper and other spices |
| 1/2 celery root               | (I prefer the packaged           |
| 1/2 parsley root              | Italian spices in the bottle)    |
| 2-3 celery stalks with leaves |                                  |

Boil the water and the vegetables until the vegetables are done (not mushy). Strain the vegetables. The liquid should cover the fish; simmer very slowly until done, about 5 minutes per inch of thickness. Remove from rack. This broth makes the basis of a super fish chowder.

## WATER BROILED FISH WITH EGG SAUCE (LOW CALORIE)

Anna Lee Nye

1 1/2 lb. flounder or snapper (or other fish)	1 tsp. margarine
Lemon juice	2 hard cooked eggs, chopped
Salt and pepper	2 Tbsp. minced green pepper
Paprika	1 Tbsp. minced parsley

Rinse fish quickly under running cold water and drain on paper towels. Cut in 4-5 portions (or leave whole) and place in broiler pan. Pour boiling water over fish to half its thickness. Sprinkle with lemon juice, salt, pepper and paprika. Broil about 3-inches from heat 12 minutes, or until fish is opaque and flakes easily with fork. Remove fish from broth. Heat 1/3 c. broth and remaining ingredients and serve on fish. Makes 4-5 servings, 150-185 calories per serving.

## CHICKEN DIVAN

Marlene Schiffli

2 - 10 oz. pkg. frozen broccoli	1 tsp. lemon juice
2 c. cooked chicken, diced	2 oz. shredded American cheese
2 - 10 oz. cans cream chicken soup	1 c. soft bread crumbs
3/4 c. mayonnaise	1 Tbsp. melted butter

Cook broccoli; put in greased baking dish (12x7-inches). Layer chicken on top. Combine next 3 ingredients and pour over chicken. Sprinkle with cheese. Combine crumbs and butter and sprinkle over casserole. Bake in 350 degree oven for 35 minutes.

## CHICKEN-IN-A-BAG

Marlene Schiffli

2 1/2-3 lb. fryer	Paprika
Salt	Garlic salt
Pepper	Celery salt
Onion salt	

Wash chicken and dry with paper towel. Sprinkle with seasonings inside and out. Place in large brown grocery bag and fold under. Place in oven for 1 1/2 hours at 400 degrees. Chicken will be tender, juicy and well-browned. Serves 4.

## DRIED BEEF - CHICKEN

Ruth Carpenter

1 - 8 oz. jar dried beef	1/2 c. milk
1 can cream chicken soup	6 chicken breasts, boned and unboned
1 can cream mushroom soup	

Line pan with dried beef. Mix soups and milk together. Lay chicken in pan and pour soup mixture over it. Bake at 350 degrees 1 1/2 hours. Serves 6 people.



## PARMESAN CHICKEN

Mary Adams

1/2 c. Parmesan cheese  
1 c. Pepperidge Farm stuff-  
ing (rolled or put in blender  
until crumbs)

1/2 lb. butter (2 sticks)  
1/2 tsp. garlic powder  
Salt and pepper

Blend cheese and crumbs. Melt butter with garlic, salt and pepper. Roll chicken in butter then crumbs. Place in large pan, skin side up. Bake uncovered at 300 degrees (about 1 1/2 hours) until brown, then cover and finish baking.

---

Write An Extra Recipe Here:

### Quick Quiche

1 1/2 cups cubed Chicken - or ham  
1 cup grated Swiss cheese  
1/3 cup Chopped onions  
1/2 cup Bisquick  
1/2 tsp. salt - 1/4 tsp. pepper  
4 eggs  
1 - 9" Pie Plate or Quiche Dish

Grease pie plate or dish.

Shred ham, or Chicken, cheese & onions on plate.  
Place remaining ingredients in Blender on High.  
Pour mixture into dish & bake 350° for 50-55 min.  
until knife comes out clean.

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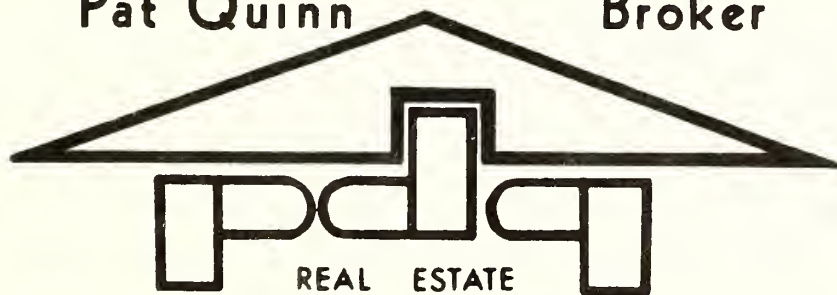
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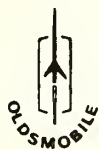
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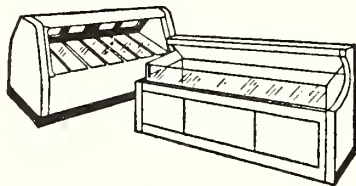
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## CHALLAH EGG BREAD

Father Tony Jablonowski

1 cake or pkg. yeast  
2-3 tsp. sugar  
1 1/4 c. lukewarm water  
4 1/2 c. flour  
2 tsp. salt

2-3 eggs  
2 Tbsp. salad oil  
1 egg yolk  
4 Tbsp. poppy seeds  
White raisins (optional)

Combine the yeast, sugar and 1/4 c. of lukewarm water. Leave it for about 5 minutes. Don't smoke a cigarette while you're waiting, instead sift the flour and salt into a clean bowl. Make a hole in the center and drop the eggs (remove shells), oil and remaining water. Now add the yeast mixture into it. Gradually work it into the flour and knead it on a floured surface until both smooth and elastic. Place the dough in a bowl and brush a bit of oil (no, not Quaker State) on the top. Cover it with a towel and set it in a warm place to rise for 1 hour. Punch it down; cover and allow it to double in size. **IMPORTANT:** Divide the dough into 3 equal parts. Lightly flour your hands and roll out 3 strips of equal length. Braid them together, tucking the ends under. Place in a baking pan. (I sprinkle a little bit of cornmeal in the pan.) Cover with a towel and let rise until doubled. Brush the loaf with the egg yolk and sprinkle with the poppy seed. Bake in a 350 degree oven for about 50 minutes or until well browned. This makes 1 very large challah. If you prefer, divide the dough into 6 strips and make 2 large loaves, or 1 loaf and a whole bunch of delicious challah rolls. You can bake it in a loaf pan, but I prefer the traditional braided bread. For a lovely yellow color, use a drop of yellow food coloring or 1/8 tsp. of saffron could be dissolved into the water.

## DILL BREAD

Barbara Beck

1 env. yeast	1 tsp. salt
1/4 c. lukewarm water	1/4 tsp. soda
1 c. creamed cottage cheese	1 unbeaten egg
2 Tbsp. sugar	2 1/4-2 1/2 c. flour
1 small onion, minced	Soft butter
1 Tbsp. butter	Salt
2 Tbsp. dill seed	

Melt yeast in water in large mixing bowl until foamy. Saute onion in butter. Add this to the yeast water mixture, also add cottage cheese and sugar. Add dill seed, salt, soda and egg. Stir in the flour to make a stiff dough. Set the bowl in a pan of warm water. Cover with a tea towel, and let rise until light and double about 50-60 minutes. Stir down and place in a greased 1 1/2-2 qt. casserole. Let rise again 30 minutes. Bake at 350 degrees about 45 minutes until golden brown. Brush with soft butter and sprinkle with salt. This is a delicious and unusual bread.

## FAMILY STYLE-WHITE YEAST BREAD

June Johns

1/3 c. dry milk (mix)	2 tsp. salt
3 Tbsp. sugar	1/3 c. oil
1 env. yeast	1 c. water
2 c. flour	3 c. flour

Mix first 5 ingredients together. Add to the dry mixture oil and water. Add flour and knead well. Let rise till double. Knead and shape into balls. Let rest 10 minutes. Shape into loaves. Let rise until double. Bake at 375 degrees for about 30 minutes. (40 calories per slice).

## ITALIAN BREAD STICKS

Alice Yuzzi

2/3 c. warm water	1 Tbsp. sugar
1 pkg. active dry yeast	1/4 c. soft shortening
1 tsp. salt	2 c. plain flour

Dissolve yeast in water. Add salt, sugar, shortening, and half of flour. Beat vigorously until smooth. Mix in rest of flour. Knead on floured cloth-covered board until smooth, about 5 minutes. Cover; let rise 1 hour until double in bulk. Divide dough in half. Cut each half in 24 pieces. Roll each into pencil shapes, 6, 8, or 10-inches (depending on how thick you like the sticks). Place on greased baking sheet 1-inch apart. Brush with beaten egg. (Add 1 Tbsp. water to 1 egg). Sprinkle with sesame, celery, or poppy seeds, cornmeal or coarse salt. Bake 20 minutes. Makes 48.



WHOLE WHEAT BREAD

Barbara Bartol

- |                        |                        |
|------------------------|------------------------|
| 1/2 c. honey           | 1 Tbsp. salt           |
| 3 c. water             | 2 pkg. dry yeast       |
| 2 Tbsp. oil            | 1 c. whole wheat flour |
| 3 c. whole wheat flour | 4-4 1/2 c. white flour |
| 1/2 c. dry milk        |                        |

Warm honey, water, and oil on stove. Combine flour, dry milk, salt and yeast. Add liquid and beat at medium speed for 3 minutes. Add extra cup of whole wheat flour and white flour. Let rise till double in size (about 1 hour). Punch down. Divide in half. Spread out each half into 9x17-inch rectangle and roll up from smaller side. Let rise in loaf pans at least 1 hour. Bake at 375 degrees for 40-45 minutes.

ZUCCHINI BREAD

Babe Allen

- |                                    |                            |
|------------------------------------|----------------------------|
| 3 eggs                             | 3 tsp. cinnamon            |
| 1 c. <del>oil</del> <sup>OIL</sup> | 1/4 tsp. baking powder     |
| 2 c. sugar                         | 2 c. zucchini, grated raw  |
| 3 c. flour                         | 3 tsp. vanilla             |
| 1 tsp. salt                        | 1/2 c. nutmeats (optional) |
| 1 tsp. soda                        | 1/2 c. raisins (optional)  |

Cream together eggs, ~~oil~~ <sup>OIL</sup> and sugar. Sift flour, salt, soda, cinnamon and baking powder. Stir all ingredients together with the zucchini squash. Add vanilla, nutmeats and raisins (optional). Bake 1 hour at 325 degrees. Makes 2 large or 3 medium loaves.

JUNE'S CINNAMON RAISIN ROLLS

June Johns

- |                        |                      |
|------------------------|----------------------|
| Mix:                   | Heat to Lukewarm:    |
| 3 pkg. dry yeast       | 1 c. evaporated milk |
| 3 c. flour             | 2 c. water           |
| 3/4 c. sugar (or more) | 3/4 c. shortening    |
| 1 Tbsp. salt           |                      |

Mix both together adding 3 eggs and about 2 c. flour. Mix well. Then add 5 c. flour to make soft dough. Spread top with oleo. Let rise until double. Punch down; knead until smooth; roll out. Spread with melted oleo, sugar, cinnamon and raisin; roll and cut. Bake in 350 degree oven about 20 minutes.

CONGO SQUARES

Henrietta Smith

- |                                  |   |
|----------------------------------|---|
| 2 3/4 c. sifted flour            | 3 eggs                                    |
| 2 1/2 tsp. baking powder         | 1 c. chopped nuts, raisins or coconut     |
| 1/2 tsp. salt                    | 1 - 6 oz. pkg. semi-sweet chocolate chips |
| 2/3 c. shortening                |   |
| 2 1/4 c. brown sugar (1 lb. bag) |   |

Continued.....

## CONGO SQUARES (Continued)

Mix and sift flour, baking powder and salt. Melt shortening in large heavy pan. Add brown sugar. Stir until well mixed. Allow to cool slightly. Add eggs one at a time, beating well after each addition. Add dry ingredients, then nuts and chocolate. Pour into greased 9x12-inch pan. Bake at 350 degrees for 25-30 minutes. When almost cool, cut into squares. Makes 48, 2x2-inch squares.

### NUT STICKS

Irma Moran

1 stick butter	1 lb. brown sugar
2 c. flour	3 eggs
2 tsp. baking powder	2 c. walnuts

Put sugar and butter in double boiler. When melted add eggs one at a time, and beat fast with beater. Add sifted flour and baking powder. Add nuts last. Bake at 375 degrees on greased cookie sheet. Cut when cold.

### SNICKERDOODLES COOKIES (Pennsylvania Dutch recipe)

Catherine Charles

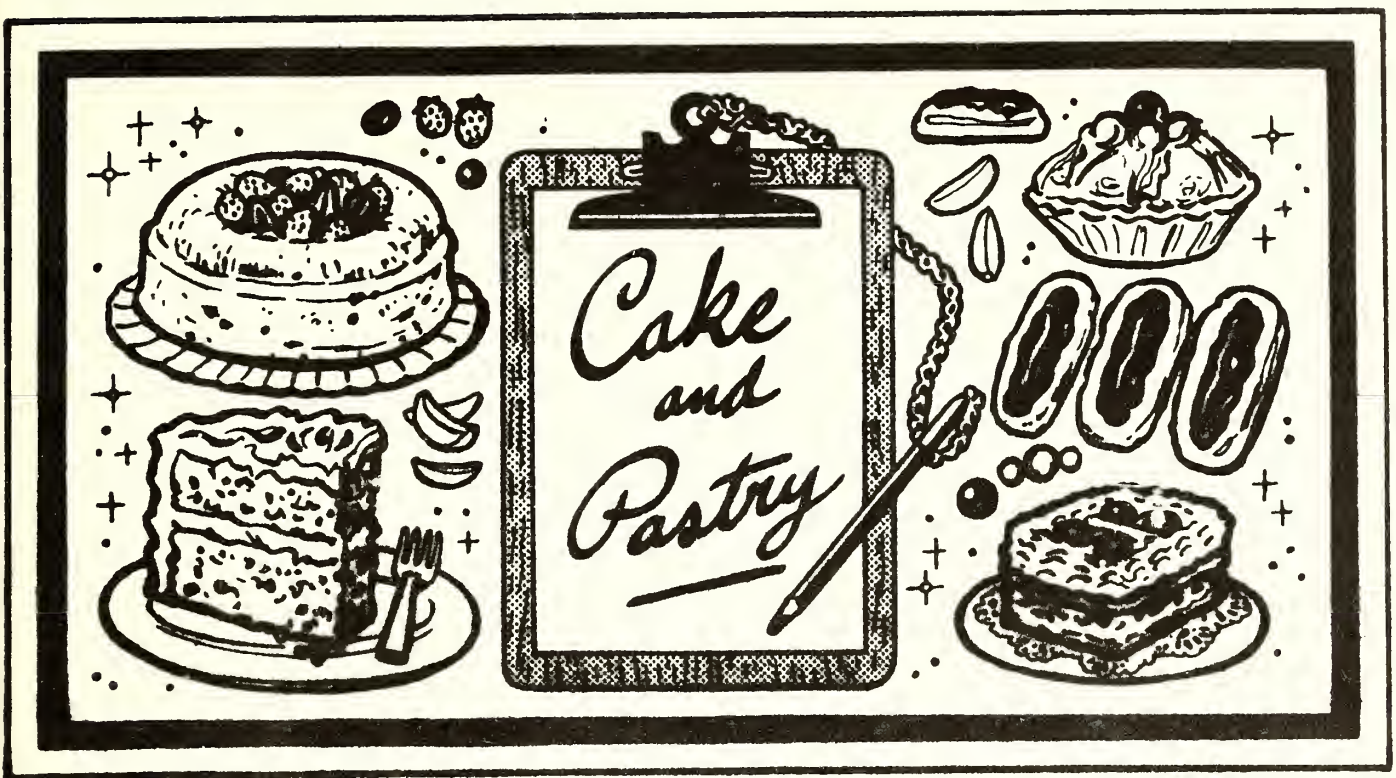
2 3/4 c. sifted all-purpose flour	1 1/4 c. sugar
2 tsp. cream tartar	2 eggs
1 tsp. baking soda	1 tsp. vanilla
1/2 tsp. salt	2 Tbsp. sugar
1 c. vegetable shortening	1 Tbsp. ground cinnamon
	1 tsp. ground nutmeg

Sift flour, cream of tartar, baking soda and salt onto wax paper. Beat shortening and sugar until light and fluffy in a large bowl with an electric mixer. Add egg and vanilla. Stir in flour mixture. Combine remaining 2 Tbsp. sugar, cinnamon and nutmeg. Roll dough between palms of hands, 1 level Tbsp. at a time into round balls; roll each ball in sugar mixture. Place 2-inches apart on ungreased cookie sheets. Bake in a hot oven at 400 degrees 10 minutes or until lightly browned. Remove to wire racks to cool.

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Write An Extra Recipe Here:





## CARROT CAKE

Fran Hydro

4 eggs  
2 c. sugar  
1 c. oil  
3 c. flour plus 1/2 tsp.  
salt

1 c. pecan pieces  
2 tsp. baking powder  
2 c. finely grated carrots  
1 Tbsp. cinnamon

Cream sugar and oil; add eggs one at a time. Beat; alternately add the flour and grated carrots. Sift the flour, salt and baking powder together. Add cinnamon and nuts; beat until very smooth. Add 1/2 c. raisins or 1/2 c. grated coconut. Pour into greased floured tube pan. Bake at 350 degrees 1 hour or until done.

## COCOA COLA CAKE

Bertha Holbrook

2 sticks butter or oleo  
2 c. sugar  
2 c. unsifted all-purpose  
flour  
1 c. Coca Cola  
1/2 c. buttermilk

1 tsp. soda  
1 tsp. vanilla  
1 1/2 c. marshmallow tid bits  
2 eggs  
3 Tbsp. cocoa  
1/2 c. nuts

Heat to boiling butter, Coca Cola and cocoa. Pour into flour and sugar mixture; beat well. Beat eggs; add soda to buttermilk and dissolve. Add to mixture. Add vanilla and marshmallow tid bits. Mix well. Pour into a greased 13x9x2-inch pan. Bake 40 minutes at 350 degrees.

## COFFEE CAKE

Mrs. Paul Newman

1 pkg. biscuits	1/2 c. chopped pecans
1/4 c. melted butter	1 1/2 tsp. cinnamon
1/2 c. sugar	

Pull each biscuit in half and roll into balls. Dip in melted butter, then roll in the mixture of sugar, nuts and cinnamon. Arrange balls snugly in a 9-inch pan. Bake at 450 degrees 8 minutes. Serve piping hot.

## DELICIOUS APPLE CAKE

Mrs. Marie Billetdoux

4 medium apples	1/2 c. orange juice
2 c. sugar	1/2 tsp. salt
4 eggs	4 tsp. sugar
1 c. oil	2 tsp. cinnamon
3 c. sifted flour	1 tsp. vanilla
3 tsp. baking powder	

Grease and flour 9-inch tube pan. Quarter, core, pare and slice apples. Mix together 4 tsp. sugar and 2 tsp. cinnamon. Beat eggs, gradually beat in sugar; then beat in oil. Resift flour with baking powder and salt. Add to beaten mixture in small amounts alternately with orange juice. Beat in vanilla. Pour about 1/4 batter mixture into prepared pan. Arrange 1/3 of apple slices on top. Sprinkle with about 1/3 of cinnamon mixture. Repeat these layers, using about 1/4 batter each time and half of the remaining apple slices and cinnamon mixture, then making the last layer batter. Bake in preheated oven at 350 degrees for 60 minutes or until done.

## FRESH APPLE CAKE

Rosa Jones

3 c. sifted flour	4 c. apples, diced - not too small
1 tsp. baking powder	
1 tsp. baking soda	1 tsp. vanilla
1 1/2 tsp. salt	1/2-1 c. nuts
1 tsp. cinnamon	2 eggs
1/2 c. vegetable oil	2 c. sugar

Mix all ingredients, adding eggs and sugar last. Bake in a flat pan at 350 degrees. Pan should have raised edges. Bake 40 minutes or longer, depending on oven.

## HURRY - HURRY CAKE

Judy Peck

1 large can cooking cherries	1 1/2 sticks of butter or oleo
1 pkg. yellow cake mix	

Place canned cherries into baking dish. Sprinkle mix over cherries. Pour melted butter over cake mixture. Preheat oven to 350 degrees. Bake until crispy and brown, 20 minutes.





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MILLION DOLLAR POUND CAKE

Kate Green

- 3 c. sugar

1 1/2 c. vegetable shortening

7 eggs

3 c. plain flour
- 1/2 tsp. salt

1 c. milk

1 tsp. vanilla

Cream sugar and shortening well. Add eggs one at a time, beating well after each. Sift flour 3 times with salt. Measure flour before sifting. Add alternately with 1 c. milk. Beat well after each addition. Add vanilla. Continue to beat for 3-4 minutes. Pour into well-greased floured tube pan. Bake at 325 degrees for 1 hour and 15 minutes.

- Glaze:

1/4 c. butter

1/3 c. orange juice
- 2/3 c. sugar

Heat mixture until sugar dissolves. Pour over cake and let cake cool 6-8 hours before taking out of pan.

MISSISSIPPI MUD CAKE

Ann Cuppy

- 2 sticks butter or oleo

1/2 c. cocoa

2 c. sugar

1 1/2 c. all-purpose flour

Pinch salt
- 4 eggs

1 1/2 c. chopped nuts

1 tsp. vanilla

Miniature marshmallows

Chocolate frosting

Melt butter and cocoa together. Remove from heat and stir in sugar and beaten eggs; mix well. Add flour, salt, chopped nuts, and vanilla. Mix well. Spoon batter into a greased 13x9 1/2-inch pan and bake at 350 degrees for 35-45 minutes. Sprinkle marshmallows on top of warm cake. Put back into oven until they are melted slightly. Cover with chocolate frosting. Tastes like rich brownies.

OATMEAL CAKE

Bertha Holbrook

- 1 1/4 c. boiling water

1 c. oatmeal

1/2 c. shortening

1 c. brown sugar

1 c. white sugar

2 eggs
- 1 1/3 c. flour

1 tsp. soda

1/2 tsp. salt

1/2 tsp. cinnamon

1/2 tsp. nutmeg

1 tsp. vanilla

Pour the boiling water over oatmeal. Let cool. Cream together shortening, brown sugar, white sugar. Add 2 eggs, beating in one at a time. Whip up oatmeal; add to cream mixture; gradually add flour. Pour into greased pan. Bake at 350 degrees for 25 minutes or till done. Add topping while cake is warm.

Continued.....

## OATMEAL CAKE (Continued)

### Topping:

1 c. brown sugar  
1/2 c. nuts  
4 Tbsp. oleo

1 can shredded coconut  
1/3 c. cream or evaporated  
milk

Cream together sugar and margarine; add coconut. Add enough cream to moisten. Spread on warm cake. Sprinkle walnuts on top. Broil until bubbly.

## PUMPKIN CAKE

Rosa Jones

2 c. sugar  
4 eggs  
2 c. flour  
1 c. oil  
2 tsp. soda

1 tsp. cinnamon  
1 tsp. nutmeg  
1/2 tsp. salt  
2 c. pumpkin

Add sugar and eggs. Beat until smooth. Add raisins and nuts to suit your taste - 1/2 c. each. Bake in oven at 350 degrees for 50 minutes to 1 1/2 hours, depending on oven. Bake in tube pan.

## SARAH JUNE'S CHEESECAKE

June Johns

1 1/4 c. graham crumbs (single  
pkg.)  
3 Tbsp. sugar  
6 Tbsp. butter, melted  
1 lb. cream cheese  
3 eggs

1/2 c. sugar  
1/4 tsp. vanilla  
1 pt. sour cream  
1/4 c. sugar  
1 tsp. vanilla

Blend first 3 ingredients and press into pan. Blend next 4 ingredients. Pour over crumb mixture. Bake 20 minutes at 350 degrees. Blend sour cream, sugar, and vanilla. Pour over hot cake. Bake 10 minutes longer. Serves 6-8.

## SWEDISH ICING

Jennie Krause

1/2 c. milk  
3 Tbsp. flour  
1/2 lb. oleo

1 c. granulated sugar  
1 tsp. vanilla or other flavor-  
ing

Bring first 2 ingredients to a boil. Then cool slightly and add all other ingredients. Beat until creamy.

## TEXAS SHORTCAKE

Michelle Rudisell

2 sticks oleo  
1 c. water  
4 Tbsp. cocoa  
2 c. flour  
2 c. sugar

1/2 tsp. salt  
2 eggs  
1/2 c. sour cream  
1 tsp. soda

Continued.....



## TEXAS SHORTCAKE (Continued)

Bring oleo, water and cocoa to boil. Remove from heat and add flour, sugar and salt. Beat in eggs and add sour cream and soda. Put batter in greased jelly roll pan about 10x16-inches and bake at 375 degrees for 20 minutes.

### Frosting:

1/2 c. oleo	1 box confectioners' sugar
4 Tbsp. cocoa	1 tsp. vanilla
6 Tbsp. milk	1 c. chopped nuts

Bring oleo, cocoa and milk to boil. Add sugar, vanilla, and nuts.

NOTE: Make the frosting while cake is baking. Let the cake sit about 10 minutes before icing. You may prefer to use only 1/2 recipe of frosting.

## \$300 CAKE

Kate Green

2 c. plain flour	3 Tbsp. cocoa
2 c. sugar	1/2 c. buttermilk
1 c. Wesson oil	2 eggs
1 c. water	1/2 tsp. soda
1 stick margarine	1/2 tsp. salt

Mix flour and sugar and set aside. Put Wesson oil, water, margarine, and cocoa into a saucepan and bring to boil. Pour into flour and sugar. Beat well. Then add buttermilk, eggs, soda, and salt. Mix well. Bake in tube pan 50 minutes at 350 degrees. Ice while still hot.

### Icing:

1 stick margarine	1 tsp. vanilla
3 Tbsp. cocoa	1/2 box confectioners' sugar
4 Tbsp. milk	

Bring to boil. Add sugar. Mix well and spread on cake.

## BUTTERMILK PIE

Ann Cuppy

1 tsp. vanilla	1 1/2 c. sugar
4 eggs	1 stick margarine, melted
2 Tbsp. flour	Pinch salt
2/3 c. buttermilk	

Mix sugar and flour; add buttermilk and butter. Beat eggs; add salt and vanilla. Pour into uncooked pie shell and bake at 350 degrees for 45 minutes. (For 2 pies, 6 eggs, 3/4 c. buttermilk.) Use same amount of sugar as for 1 pie.

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## COTTAGE CHEESE PIE

Fran Hydro

2 1/2 tsp. cornstarch  
1/2 c. cream (or can milk)  
1/2 lb. cottage cheese  
1 Tbsp. melted butter or oleo  
2 eggs  
2/3 c. sugar

2 tsp. lemon juice  
Grated rind 1/2 lemon  
1/4 tsp. cinnamon  
Plain pie pastry  
Powdered sugar

Dissolve cornstarch in cream. Drain cheese and rub through sieve. Add butter. Separate eggs. Add yolks to mixture. Add sugar and beat until blended. Add cheese, cream, lemon juice, rind and cinnamon. Beat egg whites stiff and fold in, reserving a little. Line pie tin with pastry; brush with reserved egg white. Pour in cheese mixture. Bake in moderate oven at 350 degrees 25-35 minutes. Sprinkle with powdered sugar and a dash of cinnamon.

## DANISH PUFF

Alice Yuzzi

1 c. sifted flour (plain)  
1/2 c. butter  
2 Tbsp. water  
1/2 c. butter

1 c. water  
1 tsp. almond flavoring  
1 c. sifted plain flour  
3 eggs

Heat oven to 350 degrees (moderate). Measure first cup of flour into bowl. Cut in butter. Sprinkle with 2 Tbsp. water and mix with fork. Round into a ball and divide in half. Pat dough with hands into 2 long strips, 12x3-inches. Strips should be 3-inches apart on ungreased baking sheet. Mix the second amount of butter and water. Bring to a rolling boil. Add almond flavoring and remove from heat. Stir in flour immediately to keep it from lumping. When smooth and thick, add one egg at a time, beating until smooth. Divide in half and spread 1/2 evenly over each piece of pastry. Bake about 60 minutes, until topping is crisp and nicely browned. Frost with a confectioners' sugar icing and sprinkle generously with chopped nuts.

## MOM'S CHOCOLATE PIE

Joann Clark

1 c. sugar  
3 heaping Tbsp. flour  
2 Tbsp. cocoa  
3 egg yolks, well beaten

1 c. hot water  
1 Tbsp. butter  
1 pinch salt  
1 tsp. vanilla

Sift flour, sugar, and cocoa together. In top of double boiler combine with egg yolks, water and salt. Cook until thickened. Add butter and vanilla. Cook 1-2 minutes longer. Cool and pour into baked 8-inch pie shell. Top with meringue. Brown lightly in 325 degree oven.

Meringue: Beat 3 egg whites until stiff. Add 6 Tbsp. sugar, one Tbsp. at a time, beating well after each addition.



## PECAN PIE

Margene Velten

3 eggs	1/4 tsp. salt
1/2 c. sugar	1 c. chopped pecans
1 c. Karo dark label syrup	1 Tbsp. melted margarine

Lightly beat eggs; add sugar and Karo. Mix well. Add pecans and melted margarine. Pour into 8-inch unbaked pie shell. Bake 50 minutes or until done at 375 degrees.

## SODA CRACKER PIE

Mary Elliott

3 egg whites	16 soda crackers, crushed fine
1 c. sugar	1 c. walnuts

Beat egg whites until frothy. Add sugar gradually and beat until stiff. Fold in walnuts and crackers. Bake 30 minutes in 375 degree oven. Cool and frost.

Topping:

1/2 pt. whipped cream	1 Tbsp. pineapple and apricot
2 Tbsp. sugar	preserves
Vanilla	Coconut

Mix whipped cream, sugar and vanilla. Add preserves. Put on top of pie. Sprinkle with coconut.

## SUNNY BANANA PIE

Bertha Holbrook

1 - 9-inch graham cracker crust	2 c. milk
2 bananas	1 - 3 1/4 oz. pkg. instant vanilla pudding mix
1 - 8 oz. pkg. Philadelphia brand cream cheese	Toasted coconut

Slice bananas into graham cracker crust. Gradually add 1/2 c. milk to softened cream cheese, mixing until well blended. Add pudding mix and remaining milk. Beat slowly 1 minute. Pour into crust; chill. Garnish with coconut. Toast coconut under broiler.

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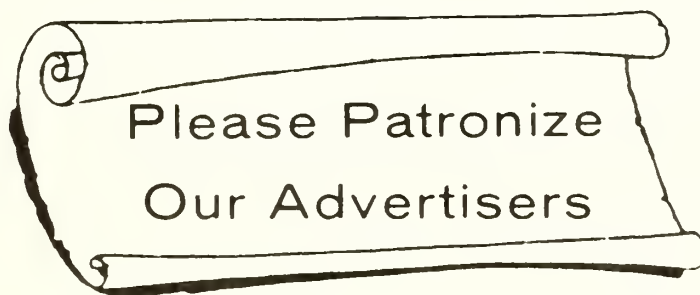
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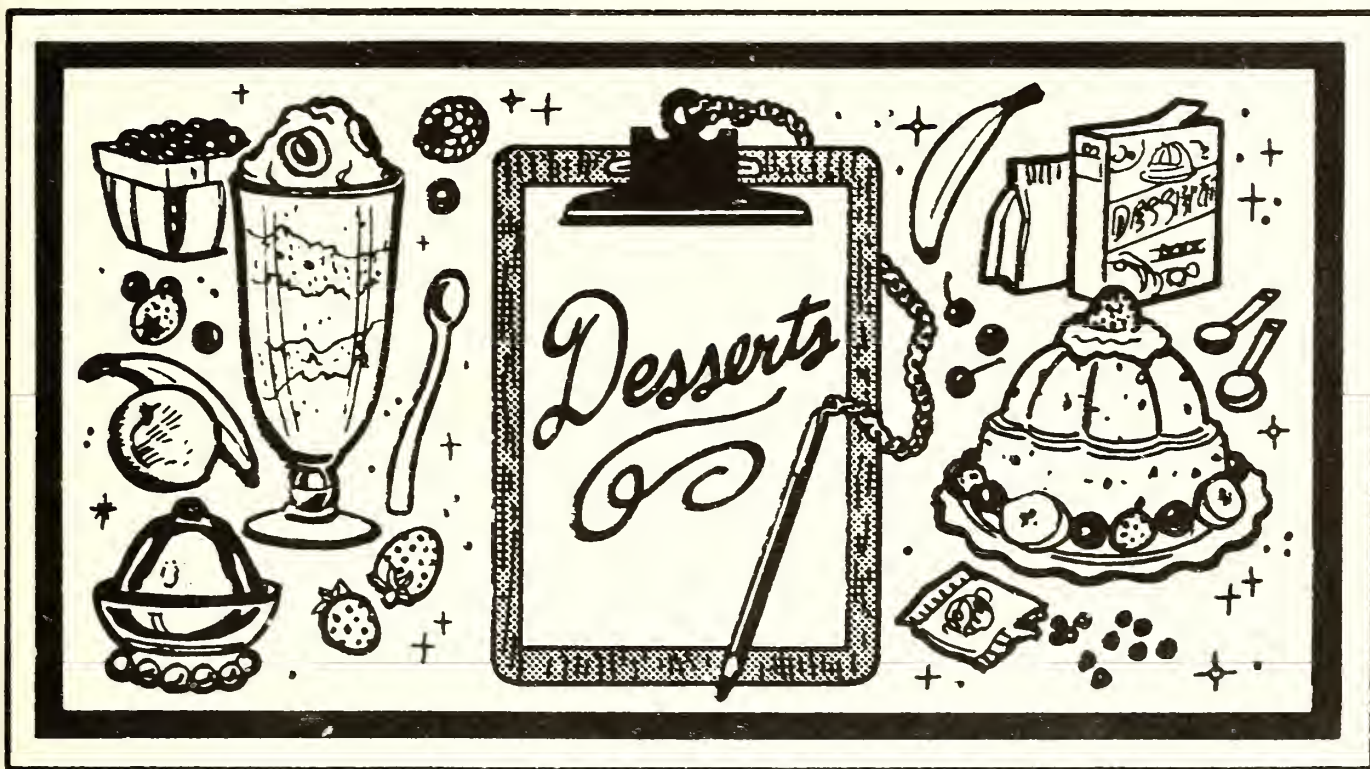
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## APPLE/NUT DESSERT

Mary Elliot

1 c. sugar  
2/3 c. flour  
1 tsp. baking powder

2 egg yolks, beaten  
Pinch salt

Mix well; add 1/2 can Comstock apples and 1/2 c. chopped nuts. Fold in 2 beaten egg whites. Sprinkle nutmeg and cinnamon on top. Bake in buttered pie pan for 35 minutes in 350 degree oven. Serve with whipped cream.

## BLACKBERRY COBBLER

Henrietta Smith

(Easiest I've ever done.)

1/2 c. oleo  
3/4 c. sugar

3/4 c. flour  
3/4 c. milk

Place stick margarine in 2 qt. casserole. Melt. Combine sugar, flour and milk. Pour over melted margarine. Add sugared berries. Bake at 375 degrees about 45 minutes, or until nicely browned. Any kind of fruit may be used....blueberries are especially good. Serve with whipped cream or ice cream for a special treat.

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## BREAD PUDDING

Babe Allen

3 slices bread, toasted  
and buttered  
4 c. milk, scalded  
1/4 tsp. salt

3/4 c. sugar  
4 eggs, slightly beaten  
1 tsp. vanilla  
1 tsp. nutmeg

Mix eggs, sugar and salt in baking dish. Pour in scalded milk. Break bread in pieces and add. Bake in pan of hot water in 350 degree oven for 50-60 minutes or until a knife inserted comes out clean.

## RHUBARB CRUNCH

Dorothy Jett

1 c. sifted flour  
3/4 c. oats  
1 c. brown sugar  
1/2 c. melted butter  
1 tsp. cinnamon

4 c. diced rhubarb  
1 c. sugar  
2 Tbsp. cornstarch  
1 c. water  
1 tsp. vanilla

Mix first 5 ingredients together until crumbly. Press half of mixture into a 9-inch pan. Place diced rhubarb on top of mixture. Combine sugar, cornstarch, water and vanilla. Cook until thick and clear. Pour over rhubarb. Top with the rest of flour and oats mixture. Bake at 350 degrees 1 hour or until rhubarb is soft. Chill. Top with whipped cream.

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## BAKED BEANS

Dorothy S. Dodge

1 pkg. (16 oz) yellow  
eye beans  
1/2 lb. salt pork  
1 medium sized onion  
1 tsp. dry mustard  
1/2 c. catsup

2 Tbsp. Worcestershire sauce  
2 Tbsp. brown sugar  
1/2 c. molasses  
2 Tbsp. prepared mustard  
2 tsp. salt  
1/2 tsp. pepper

Cover beans with cold water and let soak overnight. In the morning pour off water. Cover with fresh water. Bring slowly to a boil about 20 minutes. Drain; save liquid. Cut half the salt pork and place in bottom of a 4 qt. bean pot or casserole; add onion; pour in all the beans. Mix next 8 ingredients; pour over beans adding bean liquid to cover beans. Sear remaining salt pork and put on top of beans. Heat oven to 350 degrees. Bake beans uncovered at least 4 hours. Keep adding bean liquid to keep beans covered.

## BEEF AND BEAN CASSEROLE

Marlene Schiffli

1 1/2 lb. ground beef  
1/2 medium onion, chopped  
1/2 c. celery  
1 pkg. French style green  
beans

1 can mushroom soup  
1 c. sour cream  
Salt and pepper to taste

Brown beef and onion together. Add celery and set aside. Cook frozen green beans and add to beef mixture. Add mushroom soup and sour cream. Stir over medium heat until well mixed

Continued.....



## BEEF AND BEAN CASSEROLE (Continued)

and pour into a casserole dish. Brown bread crumbs in hot margarine or butter and spread over top of casserole. Cook in moderate oven until crusty on top, approximately 20 minutes.

## CHICKEN RICE CASSEROLE

Mary Lou Watson

1 frying chicken  
2 c. rice

1 c. cream chicken soup

Fry chicken until crisp and brown. Flour the chicken if desired. Cook rice till done. Place rice in casserole and add cream of chicken soup. Mix it together. Put chicken on top of rice. Cover and bake for 30 minutes in oven at 350 degrees.

## CHICKEN SPAGHETTI

Joann Clark

Stew a 2 1/2 lb. fryer with stalk of celery and bit of onion until tender. Bone chicken. Save the broth. Measure and set aside 1 c. of broth. Cook 1 1/4 c. broken spaghetti or vermicelli (2-inch pieces) in remaining broth until tender. Drain. Mix cooked spaghetti, chicken and broth in bowl. Add:

1 small onion, chopped  
1/4 c. chopped pimento  
1/4 c. chopped green pepper  
1 can cream mushroom soup

Good dash of pepper  
8 oz. sharp cheddar cheese,  
coarsely grated

Top with 1/4 c. bread crumbs. Bake at 325 degrees for 40 minutes only. Serves 4-6.

## CHOP SUEY CASSEROLE

"Babe" Allen

1 lb. ground beef  
1 c. diced celery  
1 medium onion, chopped  
1/2 c. raw rice  
1 can mushroom soup

1 can water  
4 Tbsp. soy sauce  
1 can Chinese vegetables,  
drained  
1 can noodles (Chinese)

Brown beef. Add celery, onion and rice. Combine rest of ingredients. Bake 1 hour at 350 degrees, covered. Uncover and spread noodles on top and bake 1/2 hour longer.

## DEEP DISH PIZZA

Patti Dameron

1 can refrigerator biscuits  
1 lb. ground beef  
1/2 c. onion  
6 oz. can tomato paste  
2 oz. can undrained mushrooms

Little of each: oregano,  
thyme, salt and pepper,  
parsley flakes, 1 whole  
tomato, 6-8 oz. shredded  
Mozzarella cheese

Continued.....

## DEEP DISH PIZZA (Continued)

Preheat oven to 350 degrees. Press biscuits into a greased 9-inch plate to form crust. Brown beef with onions in small amount of oil. Drain. When brown, stir in tomato paste, undrained mushrooms. Add seasonings; simmer on low heat. Spoon meat into crust. Slice tomato on top of meat mixture. Spread cheese on top of tomatoes. Bake at 350 degrees 20-25 minutes till cheese is golden. Let stand 5 minutes before serving. Serves family of 4-5, with a salad.

### "GALLUCCI" LASAGNA

Original Recipe dedicated to my father, Nick Garrett, by Mary Garrett

1 lb. Italian sausage  
1 clove garlic, minced  
1 large onion, diced  
Your favorite tomato  
sauce (thick)  
1 pkg. lasagna noodles

1 lb. ricotta cheese  
Salt and pepper  
1 egg  
1 Tbsp. parsley  
1/2 c. Parmesan cheese  
2 lb. Mozzarella cheese

Chop sausage and brown in skillet with garlic and onion. Cook 10 minutes and add to tomato sauce. Simmer on low for 30 minutes. Combine salt, pepper, ricotta cheese, egg, and parsley till well mixed. Add half Parmesan cheese to mixture. Cook noodles till done. Rinse. Layer noodles in bottom of 13x9-inch baking pan. Dot with cheese mixture, add a little sauce, Parmesan cheese, Mozzarella; repeat starting with noodles again and end with Mozzarella cheese. Bake at 350 degrees for 40 minutes. Let stand 10 minutes before cutting in squares.

### EGGPLANT ITALIANA

Alice Yuzzi

1 large eggplant (or 2 medium)  
1 egg  
1/3 c. milk  
1/2 c. flour  
1 tsp. salt  
1/4 tsp. pepper  
1 lb. ground beef

2 Tbsp. onions  
2 - 15 oz. cans tomato sauce  
or favorite tomato sauce  
1/2 lb. Mozzarella cheese,  
sliced  
1/2 tsp. oregano  
Salt to taste

Wash and peel eggplant. Slice into 1/2-inch thickness. Beat together egg and milk. Dip slices into egg mixture, then roll in flour combined with salt and pepper. Preheat oven to 350 degrees. In large fry pan saute eggplant until lightly brown on both sides, adding oil as needed. Use same pan to brown ground beef and onion. Drain off excess fats. In casserole dish spread a thin layer of tomato sauce. Arrange 1/2 of eggplant, meat and cheese slices. Add more sauce and sprinkle 1/4 tsp. oregano on top. Repeat with remaining ingredients. Bake uncovered for 25 minutes. Sprinkle with grated cheese if desired. Serve with a crisp green salad. Makes 4 servings.



## INDIVIDUAL SHRIMP-EGG CASSEROLES (LOW CALORIE)

Jack and Anna Lee Nye

1 Tbsp. margarine  
1 1/2 Tbsp. flour  
1 1/2 c. skim milk  
1 tsp. Dijon-type prepared  
mustard  
1 Tbsp. minced green onion  
1 Tbsp. minced parsley

2 Tbsp. minced green pepper  
Dash cayenne pepper  
1 tsp. lemon juice  
Salt and pepper to taste  
1 1/4 c. peeled cooked shrimps  
2 hard-cooked eggs, diced  
2 Tbsp. grated Parmesan  
cheese

Melt margarine in saucepan over low heat. Blend in flour and cook about 1 minute. Gradually add milk and cook, stirring until smooth and slightly thickened. Add remaining ingredients, except last 3, and simmer 3 minutes. Carefully fold in shrimps and eggs. Pour about 1/2 c. in each of 5 small baking dishes. Sprinkle with cheese and broil about 3-inches from heat 3-4 minutes, or until hot and lightly browned. Makes 5 servings, about 180 calories per serving.

## MACARONI AND CHEESE

Dorothy S. Dodge

2 Tbsp. margarine  
2 Tbsp. flour  
1 tsp. salt  
1 tsp. dry mustard  
2 c. milk

2 c. cheese, sharp, mild, etc.  
2 c. macaroni, cooked  
Bread crumbs  
Paprika  
1 c. cottage cheese

Melt margarine in a 3 qt. casserole. Blend flour, salt, dry mustard. Add milk to make a sauce. Add cheeses, cooked macaroni and cottage cheese. Mix well. Top with bread crumbs and paprika. Bake at 350 degrees about 30 minutes until brown. Serves 6.

## OUR FAVORITE CHEESE CASSEROLE

Linda Engel

9 slices seeded rye bread  
(add 1/2 tsp. caraway seed,  
if using non-seeded bread)  
1 c. Swiss cheese (1/4 lb.),  
shredded

2 3/4 c. milk  
4 eggs  
1 tsp. salt

Cut bread into 1-inch cubes. In a 1 1/2 qt. casserole layer bread cubes alternately with shredded cheese, or leave bread slices whole and lay against one another in center of casserole dish, fanning into circle shape. In a small bowl combine milk, eggs, salt; beat until blended. Pour egg mixture over cheese and bread. Cover and refrigerate 8 hours or overnight. Bake in 350 degree oven 50 minutes. Serves 6.



## QUICHE LORRAINE

Ann Cuppy

4 eggs, beaten  
1 c. Half and Half  
6 slices bacon, fried and  
crumbled (or more)

1 c. Swiss cheese  
Dash red pepper  
Dash nutmeg

Combine and pour into unbaked pie shell. Bake 25-30 minutes at 325 degrees.

## QUICK GREEN BEAN CASSEROLE

Grace Altman

1 can cream mushroom soup  
Large can or qt. green beans  
1/2 c. shredded mellow cheese

1/2 c. bread crumbs  
2 tsp. butter or oleo

In a 1 1/2 qt. casserole put drained green beans and mushroom soup; blend well. Place bread crumbs, shredded cheese, and butter on top. Bake at 350 degrees for 25 minutes (until cheese is melted and heated through).

## SAUSAGE-CHEESE CASSEROLE

Margene Velten

8 smoked sausage links  
4 oz. sharp cheddar cheese,  
shredded  
1 c. sour cream  
1 Tbsp. instant minced onion

2 tsp. parsley flakes  
1/2 tsp. salt  
6 medium potatoes, pared,  
cooked and sliced

Prepare potatoes. Put in 1 1/2 qt. casserole. Add cheese to hot potatoes; toss to melt cheese. Slice sausage links and add with other ingredients to bowl. Mix. Bake in 350 degree oven for 40 minutes. Stir once or twice while cooking.

## SCALLOPED EGGPLANT

Grace Altman

1 large eggplant (diced)  
(4 c.)  
1/3 c. milk  
1 c. cream mushroom soup  
1 egg, slightly beaten

1/2 c. chopped onion  
3/4 c. herb seasoned stuffing  
1 c. shredded cheese  
2 Tbsp. butter

Cook diced eggplant in boiling salted water till tender, 6-8 minutes. Drain. Meanwhile, gradually stir milk into soup; blend in egg. Add drained eggplant, onion, and stuffing; toss lightly to mix. Turn into greased casserole (1-1 1/2 qt.). Top with approximately 1/2 c. pkg. herb seasoned stuffing. Dot with butter; top with shredded cheese. Bake at 350 degrees for 25-30 minutes. Cheese should be melted and lightly browned.

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## WHEAT FLAKES

Josephine Bush

1 1/2 c. whole wheat flour	1/2 tsp. sea salt
1/4 c. soy flour	1/4 c. peanut butter
1/2 c. wheat germ	Water, about 3/4 c.

Combine flours, wheat germ and sea salt. Beat peanut butter with water until smooth. Then add dry ingredients to make a soft dough. Add a little more water if necessary, to make a dough that can be rolled. Roll, bake and store in air tight container. Makes 10 oz. cereal. Serve with milk poured over it in a bowl for breakfast, like any other ready-to-eat cereal.

## ZUCCHINI CASSEROLE

Linda Engel

1 clove garlic	1 can tomatoes, undrained
1 c. sliced red onion	1 tsp. salt
1/2 small green pepper (sliced thin)	1/4 tsp. pepper
2 tsp. salad oil	1/2 c. cheese, (grated Parmesan or cheddar or Swiss)
3 c. zucchini squash (sliced 1/2-inch)	

Saute garlic, onion and green pepper in hot oil. Add zucchini and cook 3-4 minutes. Add tomatoes, salt and pepper. Cover and cook for 25 minutes. Last few minutes, sprinkle with cheese.

## BROILED TUNA FISH SANDWICH

Vi Johns

1 can tuna	2 Tbsp. chopped onion
1/2 c. sharp cheese, grated	1/2 c. mayonnaise
1/4 c. green Bell pepper, chopped	

Mix ingredients all together. Butter hamburger buns or English muffins. Spread on tuna mixture. Broil for about 5 minutes.

## PEANUT BUTTER GRANOLA

Josephine Bush

2 3/4 c. rolled oats	1/4 tsp. vanilla
1/3 c. wheat germ	1/3 c. chunky peanut butter
2 Tbsp. vegetable oil	1/2 c. raisins
1/3 c. honey	1/2 c. nuts

Stir together oats, wheat germ in a mixing bowl. Heat oil and honey in a saucepan over medium heat, stirring occasionally. Remove from heat and add vanilla. Stir in peanut butter while mixture is still warm, blending well. Pour resulting mixture over dry ingredients; mix thoroughly with a wooden spoon. Spread on 11x16-inch cookie sheet (with sides). Bake in low oven 45-60 minutes. Check often and stir if it's browning unevenly. Add raisins and nuts when cool. Yields 5 c. granola.



## PIZZA DOUGH

Patti Dameron

1 pkg. yeast	1 1/2 tsp. salt
2 Tbsp. melted butter	3 c. flour

Dissolve 1 pkg. yeast in 1/4 c. lukewarm water. Let stand 5 minutes. Mix 1 c. water (warm) with 2 Tbsp. melted butter, 1 1/2 tsp. salt and yeast. Blend in 1 c. flour at a time, using about 3 c. in all. Knead until smooth and elastic. Place dough in greased bowl and let rise about 1/2 hour or until somewhat light. Divide dough in half. Roll out and gently ease and stretch until very thin. Place in pans, brush with olive oil. Top with favorite ingredients. Bake at 450 degrees 25 minutes. Makes 2 pizzas.

## SHRIMP-CHEESE SALAD ROLLS

Anna Lee Nye

2 c. chopped shrimp, cooked	2 stalks celery, minced
1 medium tomato, chopped and drained	1 c. low-fat cottage cheese
2 Tbsp. minced green pepper	1 tsp. lemon juice
1 Tbsp. minced pimento	Salt and pepper to taste
2 large black olives, minced	8 lettuce leaves

Combine all ingredients except last 2 and chill. Before serving time, divide mixture on the lettuce leaves. Roll and secure with toothpicks. Chill and serve with a dribble of low calorie creamy salad dressing. Makes 8 salad rolls about 90 calories each.

NOTE: For a luncheon salad, serve with tomato wedges on a nest of salad greens.

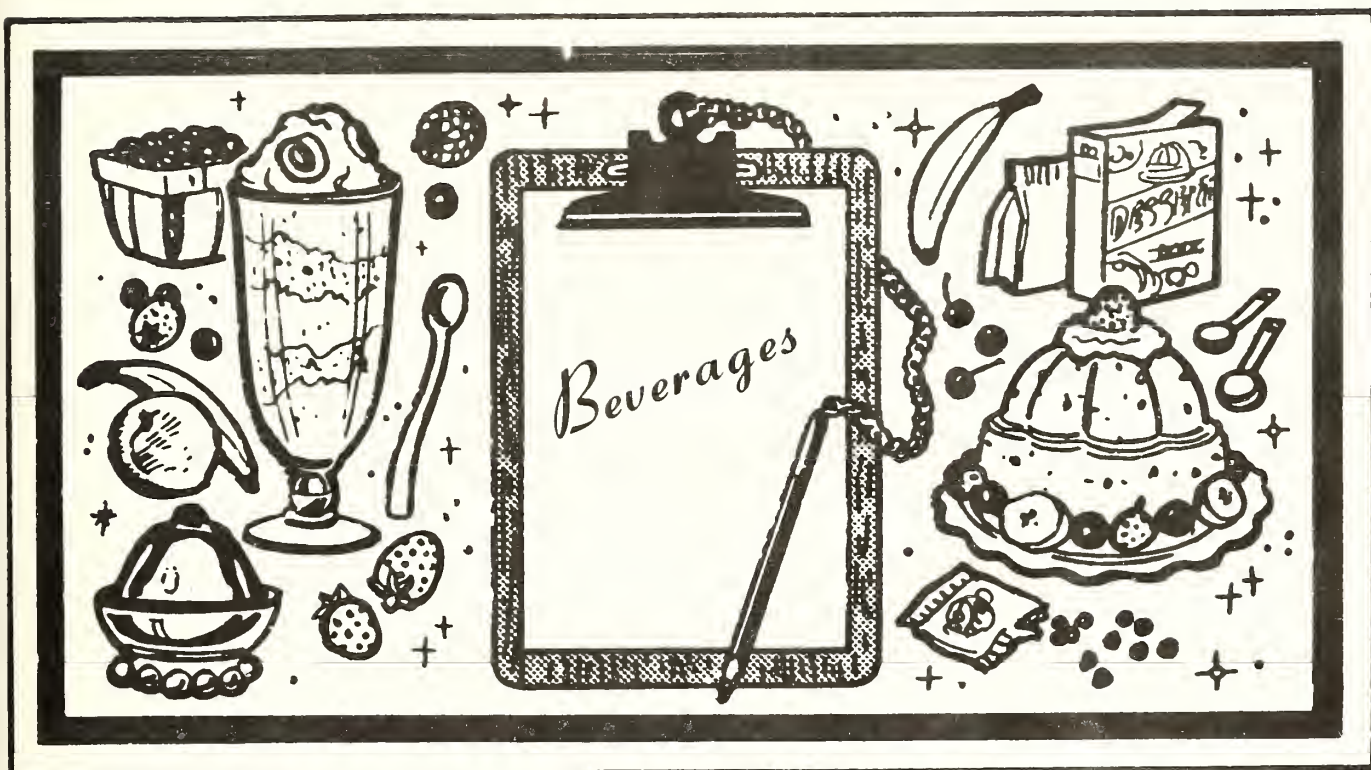
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## FROZEN DAIQUIRI OR DAIQUIRI PUNCH

Henrietta Smith

1 1/2 - 6 oz. cans frozen  
lemonade  
46 oz. can pineapple juice

1 pt. dark rum  
1/2 c. brandy

Mix and freeze. Makes 25 - 3 oz. drinks.

NOTE: For using in punch, add 2 qt. soda water. Makes 46 - 3 oz. drinks.

## GRAPE WINE

Gert Bohres

2 - 12 oz. cans frozen  
grape juice

4 c. sugar (more for sweeter)  
1 1/2 tsp. granular yeast

Place all ingredients in a glass gallon jug. Add about 2 c. water and stir until sugar is melted. Then fill the glass jug with water to within an inch of the top. Place a large balloon, at least 6-inches long on the jug and store in a cool place. Wait 19 days. Bottle it, drink it -- have fun!

## HOT SPICE PERCOLATOR PUNCH

Father Mike Langell

10 c. unsweetened pineapple  
juice  
10 c. cranberry juice  
4 c. water

1/2 c. brown sugar  
5 tsp. whole cloves  
5 cinnamon sticks  
1/4 tsp. salt

Combine water and sugar. Stir till dissolved. Pour juices into large percolator. Put spices in basket and perk. Makes 30 - 6 oz. servings.

## PINK TEA PUNCH

Rosa Jones

6 Tbsp. instant tea  
3 qt. cold water  
3 small pkg. strawberry  
gelatin

3 c. boiling water  
3 - 6 oz. cans frozen lemon-  
ade

Dissolve tea in cold water or in 1 c. hot water. Dissolve strawberry gelatin in boiling water. Add frozen lemonade to gelatin mixture; combine all ingredients in punch bowl. Yield: 30-36 servings. (Father Mike Langell).

## PUNCH

Father Mike Langell

4 c. cranberry juice  
4 c. pineapple juice  
1 1/2 c. sugar

1 Tbsp. almond extract  
2 qt. gingerale

Combine first 3 ingredients. Stir till sugar is dissolved. Add almond extract and gingerale. Makes 20 servings.

## RUSSIAN TEA

Joann Clark

1 1/2 qt. water  
1 1/2 c. sugar  
3 small sticks cinnamon

1 whole ginger  
14 cloves

Combine and let come to a boil. Strain and add 1 1/2 qt. strong tea. (2 large or 10 small tea bags). Heat 1 small can frozen orange juice, 1 small can pineapple juice and juice of 3 lemons. Add to tea mixture. Serve hot. Makes 1 gallon.

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Write An Extra Recipe Here:



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Write Extra Recipes Here:

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Write Extra Recipes Here:

## OVEN TEMPERATURE CHART

Slow .....	250 degrees - 325 degrees F.
Moderate .....	325 degrees - 375 degrees F.
Moderate hot .....	375 degrees - 425 degrees F.
Hot .....	425 degrees - 450 degrees F.
Very hot .....	450 degrees - 475 degrees F.

	Minutes	Temperature
<b>BREADS</b>		
Loaf .....	50-60 .....	400
Rolls .....	20-30 .....	400
Biscuits .....	12-15 .....	450
Muffins .....	20-25 .....	400
Popovers .....	30-40 .....	425
Corn bread .....	25-30 .....	400
Nut .....	50-60 .....	350
Gingerbread .....	30-40 .....	325
<b>PIES</b>		
Pumpkin .....	35-45 .....	400
Two-crust .....	25-40 .....	400
Shells .....	10-12 .....	450
Meringue .....	10-15 .....	300
<b>COOKIES</b>		
Drop .....	10-15 .....	400
Rolled .....	8-12 .....	400
Ice box .....	8-12 .....	400
Molasses .....	10-15 .....	350
<b>CAKES</b>		
Angel .....	60 .....	325
Sponge .....	60 .....	325
Cup .....	25 .....	350
Layer .....	25-30 .....	375
Loaf .....	45-60 .....	350
Sheet .....	20-30 .....	375
Pound .....	60-90 .....	325
<b>MEAT AND POULTRY</b>		
Beef, rare .....	20 min. to lb. ....	300
Beef, medium .....	25 min. to lb. ....	300
Beef, done .....	30 min. to lb. ....	300
Pork .....	40 min. to lb. ....	350
Ham, smoked .....	30 min. to lb. ....	300
Mutton .....	35 min. to lb. ....	300
Veal .....	35 min. to lb. ....	325
Chicken .....	25 min. to lb. ....	350
Duck .....	25 min. to lb. ....	350
Turkey, large .....	20 min. to lb. ....	275
Turkey, small .....	25 min. to lb. ....	300
Fish .....	20 min. to lb. ....	375



## OVEN TEMPERATURE CHART (Continued)

### MISCELLANEOUS

Custard cup .....	20-30 .....	300
Custard casserole .....	45-60 .....	300
Souffle .....	50-60 .....	325
Baked potato .....	60-90 .....	400
Baked beans .....	6 hours .....	350
Timbales .....	35-45 .....	300
Rice Pudding .....	50-60 .....	325
Scalloped potato .....	60-90 .....	375

### TIME CHART FOR ROASTS

Kind:	Minutes per lb. after searing:
Beef - rare .....	10-16
medium . ....	17-22
well done .....	23-30
Veal, pork, lamb - well done ..	30
Cured pork - well done .....	40-55

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

### TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat:	Time in Minutes:
Beef steaks - 1-inch thick .....	Rare or medium, 8-10
1 1/2-inch .....	Rare or medium, 10-15
2-inch .....	Rare or medium , 18-25
Pork chops, thin .....	8-10
Lamb chops, rib .....	6-8
Loin or shoulder .....	8-10
Mutton chops 1-inch thick .....	15-20
Veal cutlets, very thin .....	6-8
Chops .....	10

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture of corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on

## TIME TABLE FOR BROILING AND PAN BROILING (Continued)

a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

## TEMPERATURES FOR BAKING FLOUR MIXTURES

<u>Food</u>	<u>Temperature</u>	<u>Time (Min.)</u>
Baking powder biscuit .	450 degrees to 460 degrees	12-15
Bread .....	350 degrees to 400 degrees	45-60
Butter cake, loaf .....	360 degrees to 400 degrees	40-60
Butter cake, layer ....	380 degrees to 400 degrees	20-40
Cake, angel .....	300 degrees to 360 degrees	50-60
Cake, sponge .....	300 degrees to 350 degrees	40-60
Cake, fruit .....	275 degrees to 325 degrees	3-4 hours
Cookies, thin .....	380 degrees to 390 degrees	10-12
Cookies, molasses ....	350 degrees to 375 degrees	18-20
Cream puffs .....	300 degrees to 350 degrees	45-60
Meringues .....	250 degrees to 300 degrees	40-60
Muffins (b. p.) .....	400 degrees to 425 degrees	20-25
Pie crust .....	400 degrees to 500 degrees	20-40
Popovers .....	350 degrees to 450 degrees	35-40
Rolls.....	400 degrees to 425 degrees	25-30

## TABLE FOR COOKING CEREALS

<u>Kind and Amount</u>	<u>Salt</u>	<u>Water</u>	<u>Time in double boiler</u>
Cream of wheat, 1 cup .	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup .....	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup .....	1 tsp.	3 c.	40 minutes
Hominy (coarse) .....	1 tsp.	5 c.	3 hours
(fine) .....	1 1/2 tsp.	4 c.	2 hours
Rolled oats, 1 cup.....	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup..	1 tsp.	4 c.	4 to 6 hours

## TABLE FOR DRIED FRUITS

<u>Fruit</u>	<u>Cooking Time</u>	<u>Amount of Sugar or Honey</u>
Apricots .....	About 40 minutes	1/4 c. for each c. fruit
Figs .....	About 30 minutes	1 Tbsp. for each c. fruit
Peaches .....	About 45 minutes	1/4 c. for each c. fruit
Prunes .....	About 45 minutes	2 Tbsp. for each c. fruit

<u>White Sauce</u>	<u>Liquid</u>	<u>Thickening Material</u>	<u>Fat</u>	<u>Seasoning (salt)</u>
No. 1 thin . . . . .	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium . . . . .	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3 . . . . .	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick . . . . .	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.
Use No. 1 sauce for cream soups.				
Use No. 2 sauce for creamed or scalloped dishes or gravy.				
Use No. 3 sauce for souffles.				
Use No. 4 sauce for croquettes.				

## VEGETABLE TIME TABLE

<u>Vegetable</u>	<u>Boiled</u>	<u>Minutes Steamed</u>	<u>Baked</u>
Asparagus, tied in bundles . . . . .	30		
Artichokes, French . . . . .	40	45-60	
Beans, Lima, depending on age . . . . .	20-40	60	
Beans, string . . . . .	15-45	60	
Beets, young with skins on . . . . .	45	60	70-90
Cabbage, chopped, cut sectional . . . . .	10-20	25	
Cauliflower, stem down . . . . .	20-30		
Carrots, cut across . . . . .	20-30	40	
Chard . . . . .	60-90	90	
Celery, cut in lengths 1/2 inch . . . . .	30	45	
Corn, green, tender . . . . .	5-10	15	20
Cucumbers, peeled and cut . . . . .	20	30	40
Eggplant, whole . . . . .	30	40	45
Onions . . . . .	45	60	60
Parsnips . . . . .	60	75	75
Peas, green . . . . .	20-40	35-50	
Peppers . . . . .	20-30	30	30
Potatoes, depending on size . . . . .	20-40	60	45-60
Pumpkin, in cubes . . . . .	30	45	60
Potatoes, sweet . . . . .	40	40	45-60
Salsify . . . . .	25	45	
Spinach . . . . .	20	30	
Squash in cubes . . . . .	20-40	50	60
Tomatoes, depending on size . . . . .	5-15	50	15-20
Turnips, depending on size . . . . .	30-60		

## MEASUREMENT EQUIVALENTS IN METRIC MEASURE

1 cup	= 250 milliliters (ml)
1/4 cup	= 62 1/2 ml
1 teaspoon	= 5 ml
1 tablespoon	= 15 ml
1 pint	= 1.47 liter (l)
1 quart	= 0.95 l
1 gallon	= 3.8 l
1 liter	= 2.1 pint
1 liter	= 1.06 quart
1 liter	= 0.26 gallon



## CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread .....	230 degrees to 234 degrees
Soft ball .....	234 degrees to 238 degrees
Medium ball....	238 degrees to 244 degrees
Firm ball .....	244 degrees to 248 degrees
Hard ball .....	248 degrees to 254 degrees
Very hard ball..	254 degrees to 265 degrees
Light crack ....	265 degrees to 285 degrees
Hard crack ....	290 degrees to 300 degrees

## TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies

	234-236 degrees, soft ball
Fondants (mints, etc.).....	234-236 degrees, soft ball
Marshmallows .....	238-240 degrees, soft ball
Caramel mixtures.....	246-252 degrees, firm ball
Taffies .....	254-270 degrees, hard ball
Butterscotch.....	280-300 degrees, crack
Brittles .....	290-310 degrees, hard crack

Boiled frostings:

- 1 egg white to 1 c. sugar - 238-242 degrees, soft ball or thread
- 2 egg whites to 1 c. sugar - 244-248 degrees, soft ball or thread
- 3 egg whites to 1 c. sugar - 254-260 degrees, firm ball or long thread.

## TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake .	275-325 degrees - 40 minutes to 1 hour
Loaf cake ...	325-350 degrees - 40 minutes to 1 hour
Cup cakes ...	350-375 degrees - 15 to 25 minutes
Layer cake ..	375-400 degrees - 20-30 minutes

## FOR THE COOKY JAR

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

## ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey.....	3 to 4 hours
8 to 12-lb. turkey .....	4 to 5 hours
12 to 16-lb. turkey .....	5 to 6 hours
16 to 20-lb. turkey .....	6 to 7 1/2 hours
20 to 24-lb. turkey .....	7 1/2 to 9 hours

### Roasting Time and Temperature (whole turkeys):

<u>Ready-to-cook Weight</u>	<u>Oven Temperature</u>	<u>Total Time (Hours)</u>
8 to 10 .....	325 degrees F. ....	4 to 4 1/2
10 to 12 .....	325 degrees F. ....	4 1/2 to 5
12 to 14 . . . . .	325 degrees F. ....	5 to 5 1/4
14 to 16 .....	325 degrees F. ....	5 1/4 to 6
16 to 18 .....	325 degrees F. ....	6 to 6 1/2
18 to 20 .....	325 degrees F. ....	6 1/2 to 7 1/2
20 to 24 .....	325 degrees F. ....	7 1/2 to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

#### (Half Turkeys)

3 1/2 to 5 .....	325 degrees F. ....	3 to 3 1/2
5 to 8 .....	325 degrees F. ....	3 1/2 to 4
8 to 12 .....	325 degrees F. ....	4 to 5

#### (Foil Wrapped Turkeys)

8 to 10 .....	450 degrees F. ....	2 1/4 to 2 1/2
10 to 12 .....	450 degrees F. ....	2 1/2 to 3
12 to 16 .....	450 degrees F. ....	3 to 3 1/4
16 to 20 .....	450 degrees F. ....	3 1/4 to 3 1/2
20 to 24 .....	450 degrees F. ....	3 1/2 to 3 3/4



## INGREDIENT SUBSTITUTIONS

- 1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1  
tablespoon vegetable shortening.
- 1 3/4 cups (approximately) all-purpose flour equals 2 cups cake  
flour.
- 2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.
- 1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups  
cooked.
- 1 cup raw rice equals 3 cups of cooked rice, approximately.
- 1 1/2 cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
- 2 tablespoons flour (for thickening) equals 1 tablespoon corn  
starch.
- 2 cups ground meat (tightly packed) equals 1 pound.
- 3 cups ground meat (loosely packed) equals 1 pound.
- 2 1/2 cups raisins equals 1 pound.
- 3 cups coarsely chopped nuts equals 1 pound.
- 1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
- 1/2 teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking  
powder.
- 2 cups equals 1 can (tall)
- 2 1/2 cups equals No. 2 can
- 3 1/2 cups equals No. 2 1/2 can
- 1 lemon (medium) equals 3 tablespoons juice
- 1 orange (medium) equals 1/2 cup juice
- 2 Tablespoons shortening equals 1 ounce.

## TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp. ....	teaspoons
T. or Tbsp. ....	tablespoons
c. ....	cup
pt. ....	pint
qt. ....	quart
lb. ....	pound
3 t. ....	1 T.
16 T. ....	1 c. (4 T. - 1/4 c.; 8 T. - 1/2 c.)
2 cups ....	1 pint
2 pints ....	1 qt.
4 qt. ....	1 gal.

## MEASURES OF FRUITS AND NUTS

- 1 pound dates measure about 2 cups
- 1 pound raisins, prunes, dried apricots, dried peaches, dried  
pears or dried figs measures about 3 1/4 to 3 1/2 cups
- 1 pound dried apples measure about 5 cups
- 1 pound cut-up candied fruit peel measures about 3 cups
- 1 pound shelled almonds or Brazil nuts measure about 3 cups
- 1 pound shelled walnuts or pecans measure about 4 cups



## SUPPER QUANTITY COOKING

### BAKED BEANS FOR 100:

8 qt. dry beans  
20 qt. salad  
4 lb. butter  
4 qt. cream

4 lb. salt pork  
20 doz. rolls  
20 pies  
2 lb. coffee

### HASH SUPPER FOR 100:

40 lb. corned beef  
32 qt. potatoes  
20 doz. rolls  
20 qt. chopped cabbage

5 qt. salad dressing  
5 lb. butter  
2 lb. coffee  
4 qt. cream

### CABBAGE SALAD FOR 175:

20 lb. cabbage  
1 1/2 qt. Miracle Whip

4 large cans crushed  
pineapple  
2 bunches carrots

### HAM SUPPER FOR 225:

48 lb. canned ham  
24 potato salads (solicited)  
5 lb. coffee  
1 pt. cream  
45 qt. strawberries  
6 pkg. Bisquick equals  
3/4-inch biscuits

2 qt. milk  
1 lb. Crisco  
5 to 6 c. water  
48 pkg. peas  
8 qt. milk  
6 qt. heavy cream  
1 pkg. Starlac  
1 c. sugar, add to Bisquick

### BRAISED BEEF FOR 200:

65 lb. stew beef  
60 lb. potatoes  
36 pies

Harvard beets  
Cabbage salad  
40 lb. turnip  
2 lb. cheese

### TURKEY DINNER FOR 250:

7 turkeys  
75 lb. butternut squash  
20 large cranberry rings

75 lb. potato  
10 bunches celery  
44 pies

### CHICKEN SHORTCAKE FOR 135:

60 lb. chicken  
30 pkg. frozen peas  
12 cans cranberry sauce

3 large pkg. Bisquick  
17 pkg. Flakon corn mix  
2 bunches celery







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